



**Breakfast recipe.**

## **Apple & almond chai latte oatmeal**

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## **Preparation.**

1. Put the oatmeal and instant chai latte in a ziplock.
2. Stick the dried apple, almond shavings and allspice in another bag.

## **Instructions.**

3. Boil 2/3 cup of water. Mix in the ziplock with oatmeal ingredients.
4. Let it rest for two minutes, then add the toppings.

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## **Ingredients.**

- ½ cup oatmeal, 1.4oz(40gr) 145kcal
- Satchel instant chai latte, 0.9oz(26gr) 106kcal
- Dried apple, 0.5oz(15gr) 52kcal
- Almond shavings, 0.5oz(15gr) 92kcal
- 1/4 tsp cinnamon or allspice, 0.04oz(1.2gr) 3kcal

**3.4oz(97gr), 398kcal**  
**kcal/oz=117**