



Breakfast recipe.
Mocha oatmeal

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Preparation.

1. Put the oatmeal, milk powder, cocoa powder, instant coffee and sugar in a ziplock.
2. Stick the dried banana, roasted almonds and coconut in another bag.

Instructions.

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

Ingredients.

- ½ cup oatmeal, 1.4oz(40gr) 145kcal
- Whole milk powder, 0.5oz(14gr) 60kcal
- ½ tbsp cocoa powder, 0.14oz(4gr) 14kcal
- 1 satchel instant espresso, 0.07oz(2gr) 0kcal
- 1 tsp sugar, 0.07oz(2gr) 8kcal
- Dried banana, 0.5oz(15gr) 45kcal
- Roasted almonds, 0.5oz(15gr) 90kcal
- -Grated coconut, 0.17oz(5gr) 35kcal

3.35oz(97gr), 397kcal

kcal/oz=118