

Mango-Pineapple Drink



| Recipe Yield | Serving Size | Cooking Method | Cook Time | Allergens |
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| 2 Portions | 505-620g | Blenderize | 20 minutes | Sesame, Wheat, and Pineapple |

| Ingredient Amount (Metric) | | Ingredient List |
|----------------------------|-------------------|----------------------------|
| Level 2 Thickness | Level 4 Thickness | |
| 40g | 100g | Rolled Oats (for Oat base) |
| 48mL | 120mL | Hot Water (for Oat base) |
| 80g | 200g | Oat Base |
| 180g | 300g | Frozen Mango Chunks |
| 245g | 120g | Pineapple Juice |

| Preparation Step | Directions |
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| 1. | Wash Hands before beginning preparation and sanitize surfaces and equipment |
| 2. | Gather Your Ingredients: <ul style="list-style-type: none"> ● Rolled oats ● Hot water (100°C or 212°F) |
| 3. | Get your Pot: Choose a pot with at least a 2-quart capacity. |
| 4. | Prepare the oat base by mixing the Oats and Hot Water : <ul style="list-style-type: none"> ● Add the rolled oats to the pot. ● Pour in the hot water and let the mixture sit for 10 minutes. |
| 5. | Blending the Mixture: <ul style="list-style-type: none"> ● Carefully transfer the soaked oats and water into a blender. ● Start the blender on a low setting. |

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| | <ul style="list-style-type: none"> ● Gradually increase the blender's speed to high. Ensure the mixture becomes smooth and no oat flakes are visible. ● It's advised to blend on high for a minimum of 60 seconds. However, you can safely extend this duration up to an additional 60 seconds if desired. ● Reduce the blender speed to low and switch it off. |
| 6. | <p>Transfer and Store:</p> <ul style="list-style-type: none"> ● Use a spatula to pour and scrape the drink base into your chosen storage container (e.g., a mason jar or a small container with a lid). ● Allow the mixture to cool, then cover it with the lid. ● Store in Fridge |
| 7. | <p>Usage:</p> <ul style="list-style-type: none"> ● The oat drink base remains fresh and can be used within the next 2-3 days. ● Always give the base a good stir before adding it to your drink recipe. |
| 8. | <p>For Level 2 Thickness Oat Drink:</p> <p><i>Gather Ingredients:</i></p> <ul style="list-style-type: none"> ● 180g frozen mango chunks ● 245g pineapple juice ● 80g prepared oat drink base <p><i>Blending:</i></p> <ul style="list-style-type: none"> ● Add the frozen mango chunks, pineapple juice, and 80g of oat drink base to the blender. ● Start the blender on low, gradually increasing to high until the mixture is smooth and well combined. |
| 9. | <p>For Level 4 Thickness Oat Drink:</p> <p><i>Gather Ingredients:</i></p> <ul style="list-style-type: none"> ● 300g frozen mango chunks ● 120g pineapple juice ● 200g prepared oat drink base <p><i>Blending:</i></p> <ul style="list-style-type: none"> ● Add the frozen mango chunks, pineapple juice, and 200g of oat drink base to the blender. ● Start the blender on low, gradually increasing to high until the mixture is smooth and well combined. |

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| 10. | Once blended to your desired consistency, pour into a glass and enjoy your drink. |
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Nutrition facts (Per Serving)

Thickness Level: 2

- Calories: 130 kcal
- Carbohydrates: 31.5 g
- Total Dietary Fiber: 2 g
- Protein: 1.5 g
- Total Fat: 0.5 g
- Sodium: 10 mg

Thickness Level: 4

- Calories: 170 kcal
- Carbohydrates: 39 g
- Total Dietary Fiber: 3.5 g
- Protein: 2.5 g
- Total Fat: 1 g
- Sodium: 10 mg

Note: Nutrient composition provided is approximate and may vary by ingredients used and quantity prepared. The nutrient composition values were obtained using Synergy Tech Suite and rounded to the nearest 10 kcal for calories and the nearest 10 mg for sodium.