

Blueberry Orange Drink



Recipe Yield	Serving Size	Cooking Method	Cook Time	Allergens
2 Portions	600 g	Blenderize	20 minutes	Citrus, Sesame, Wheat, and Milk/Lactose

Thickness Level: 4	
Ingredient Amount (Metric)	Ingredient List
75g	Rolled Oats (for Oat base)
90ml	Hot Water (for Oat base)
150g	Prepared Oat Base
150g	Blueberry Jam
150g	Orange Juice
150g	Plain Yogurt

Preparation Step	Directions
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.	<p>Blending the Mixture:</p> <ul style="list-style-type: none"> ● Carefully transfer the soaked oats and water into a blender. ● Start the blender on a low setting. ● Gradually increase the blender's speed to high. Ensure the mixture becomes smooth and no oat flakes are visible. ● It is 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><i>Blending:</i></p> <ul style="list-style-type: none"> ● Into your blender, combine the blueberry jam, plain yogurt, orange juice, and 150g of oat drink base. ● Start blending on a low setting and progressively increase to high speed. Continue until the mixture is smooth and well-mixed.
9.	<p>Once blended to your desired consistency, pour into a glass and enjoy your drink.</p>

Nutrition facts (per serving)

- Calories: 285 kcal
- Carbohydrates: 63 g
- Total Dietary Fiber: 2 g
- Protein: 5 g
- Total Fat: 2 g
- Sodium: 45 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.