

Mixed Berry Drink



Recipe Yield	Serving Size	Cooking Method	Cook Time	Allergens
2 Portions	355g	Blenderize	20 Minutes	Sesame, Wheat Sulphites, Soy Strawberry, and Milk

Thickness Level: 2	
Ingredient Amount (Metric)	Ingredient List
20g	Rolled Oats (for Oat base)
24ml	Hot Water (for Oat base)
40g	Prepared Oat Base
45g	Strawberry Jam
45g	Blueberry Jam
225g	Plain Yogurt

Preparation Step	Directions
1.	Wash Hands before beginning preparation and sanitize surfaces and equipment
2.	Gather Your Ingredients: 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. ● 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.
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>Gather Ingredients:</i></p> <ul style="list-style-type: none"> ● 45g strawberry jam ● 45g blueberry jam ● 225g plain yogurt ● 40g prepared oat drink base <p><i>Blending:</i></p> <ul style="list-style-type: none"> ● Into your blender, add the strawberry jam, blueberry jam, plain yogurt, and oat drink base. ● Start on a low blending setting, then increase to high, ensuring a smooth and even mix of all ingredients.
9.	Once blended to your desired consistency, pour into a glass and enjoy your drink.

Nutrition facts (Per Serving)

- Calories: 310 kcal
- Carbohydrates: 67 g
- Total Dietary Fiber: 1.5 g
- Protein: 5 g
- Total Fat: 2.25 g
- Sodium: 57.5 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 50 kcal for calories and the nearest 10 mg for sodium.