

The Doctors Mighty Orange Granola with Flax Seeds

4 portions

Ingredients

340g	Orange
300g	Strawberry
100g	Oatmeal
100g	Flax seeds, crushed
10g	Honey
200g	Kefir, low fat

Method

- 1 Spread oatmeal, flax seeds and honey on a baking tray.
- 2 Bake in the oven at 180 °C for 2-3 minutes until golden.
- 3 Halve strawberries and segment oranges. Drain the juice from trimming.
- 4 Blend juice, orange segments, flax seeds, kefir and half of the baked oatmeal until smooth. Pour the mix into a jar and top with strawberries, dry oatmeal and flax seeds.

Orange

Oranges contain vitamin C. Vitamin C supports your developing immune system, so doctors don't get sick when treating their patients.



	Calculated nutrients per portion	Calculated nutrients per 100g
Energy	331 kcal/ 1,385 kJ	126 kcal/ 528 kJ
Protein	12g	5g
Fats, total	13g	5g
Carbohydrate, total	47g	18g
Sugars, total	9g	3g
Fats, saturated	2g	1g
Fibre, total dietary	15g	6g
Sodium	31mg	12mg
Salt	71mg	27mg

*Nutritional values may vary.