

# Hot oat cereal

Sweet

level 

 1

 5 min



## Ingredients

200 ml Fresubin Energy DRINK  
Neutral  
30 g oat flakes

## Nutritional information per serving:

Energy .....412 kcal  
Protein .....15.1 g  
Fat ..... 14.0 g  
Carbohydrate ....55.0 g  
Fibre.....3.1 g



## Alternative products:

Fresubin® 2 kcal DRINK  
Fresubin® 2 kcal Fibre DRINK

## Preparation

Heat the Fresubin Energy DRINK Neutral.

Do not boil. Pour hot oat cereal into a bowl and add the Fresubin Energy DRINK Neutral. Stir well to give the desired consistency.

Add sugar to taste.

### TIP:

Add fresh fruits or berries.