

Turmeric Nut Porridge with Grapes

Ingredients

- 1 bottle *Fresubin PRO Drink Hazelnut*
- 1 small apple
- 2 tablespoons *apple juice* or *water*
- 3 tablespoons fine oat flakes (25g)
- 1 teaspoon turmeric
- 50 g seedless grapes

- 1 Peel the apple if desired and cut the flesh into bite-sized pieces. Put the apple pieces and juice or water in a saucepan and bring to the boil. Cook over medium heat until the liquid has evaporated. This should take about **3-5 minutes**.
- 2 Stir in the oat flakes, *Fresubin PRO Drink Hazelnut* and turmeric. Now warm the mixture, but do not boil. Put the lid on and remove the pan from the heat. Leave the porridge to infuse for **10 minutes**.
- 3 In the meantime, wash the grapes. Dry them and halve if necessary.
- 4 Serve the porridge in a bowl along with the grapes.

The porridge tastes good not only with grapes but also with many other fresh fruits, unsweetened canned fruits or frozen products.

Nutritional Information Per Portion of Prepared Recipe

Protein	33g
Fat	20g
Carbohydrate	92g
Total	705kcal (2,956kJ)

Fresubin PRO Drink Hazelnut



1
portion



20
min

