

# ATHLETES SUMMER PORRIDGE

**MAKES 1 SERVE**

SOURCE: Joel Feren +  
Sports Dietitians Australia

 5 MINUTES

## Ingredients

- 1/2 cup of oats
- 1 cup of skim milk
- Handful of frozen berries
- 100g of natural yoghurt
- 1 mango cheek
- 1 medium banana
- Sprinkle of cinnamon and nutmeg

## Method

1. Add the oats, milk, berries, cinnamon and nutmeg into a bowl and place in the fridge overnight
2. Remove the mixture from the fridge the following morning and prior to eating
3. Add the yoghurt, banana and top it off with the mango

NUTRIENT	PER SERVE
Energy	2000kJ
Protein	23g
Fat	10g
Carbohydrate	82g
Fibre	10g

### HOT TIP

Oats are a great source of many minerals such as Phosphorus and Magnesium, essential for bone health and muscle recovery



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