

# OATMEAL WITH A BANANA

## Ingredients for 2 servings:

- 50 g of the Purena banana purée
- 50 g of muesli with raisins and nuts or 50 g of spelt flakes
- 100 ml of milk



## DIRECTIONS:

1



Mix the milk with the banana puree and heat it up.

2



Pour the prepared mixture over cereal or muesli.

3



Heat it up if necessary.

## Nutrition info:

100 g  
88 kcal

1 serving  
175 kcal

Consume the prepared dessert within 24 hours. Store the opened PURENA packet in the refrigerator for 7 days.