








# Breakfast Recipes

## Oats Chivda

### Ingredients (Serves 1)

**One  
Life  
Suffolk**

-  45g oats
-  1 tbsp vegetable oil
-  1 tbsp mixed unsalted nuts
-  1 tbsp raisins
-  2 tsp dried coconut
-  1 tsp chaat masala
-  1/4 tsp turmeric powder

## Method

1. Heat a frying pan and add the oats to roast on a medium heat for 8 minutes, stirring occasionally.
2. Remove the oats. Heat the oil in the pan and fry the mixed nuts for 4 minutes.
3. Add the raisins and turmeric and fry for a further 3 minutes, stirring frequently.
4. Pour the Oats back into the pan and add the chaat masala, stir until all ingredients are thoroughly mixed and serve.



## Nutritional Information

[Approx. Per Serving]

Calories: 345Kcal  
Carbohydrate: 40g  
Fat: 17g  
Protein: 8g

## Cost:

[Approx.]  
Total Ingredients: £10.00  
Per Serving: £1.50