

NUTELLA OATMEAL WITH SLICED ASIAN PEARS AND FRESH BLUEBERRIES



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50 g of oatmeal : 34 calories

$\frac{1}{2}$ an Asian pear, sliced : 58 calories

$\frac{1}{4}$ cup fresh blueberries : 21.25 calories

Nutella (chocolate-hazelnut butter) : 2 tsp : 66.66 calories

179.91 calories

Cook oatmeal with $\frac{1}{2}$ cup of water on stove top. Add Nutella and a pinch of maldon salt (0 calories).

When cooked, serve with sliced Asian pear and fresh blueberries.

***Whole-wheat sourdough toast with smashed fresh avocado and poached eggs

Whole-wheat sourdough : 114 calories for one medium slice

Smashed avocado : 50g : 80 calories

Lemon juice : 0 calories

Maldon salt and black pepper mix : 0 calories

Eggs: 78 calories each

Poach eggs in white vinegar water to desired softness. Drain on paper towel. Add maldon salt and pepper mix to taste.

Smash avocado with $\frac{1}{2}$ tbsp real-lemon lemon juice.

Top with two poached eggs, maldon salt and pepper sprinkle to taste.

This dish : 350 calories

If you use 1 tsp butter on toast : Add another 34 calories

Recipe and photo: Annie Goussard Newton