



Oats Custard

👤 2

🕒 15 Min

Description

A healthy and nutritious dessert and snack option. The addition of oats, almonds, and walnuts elevates the nutritional value of this comfort food.

Ingredients

- 150.0 MI(150.0 ml) Nestlé A+ Milk
- 2.0 Tbsp(16.0 gm) Oats
- 1.0 Chopped Tbsp(9.0 gm) Walnut
- 2.0 Tbsp(26.0 gm) Sugar
- 1.0 Egg Whole(45.0 gm) Egg
- 1.0 Tbsp(10.0 gm) Custard Powder
- 1.0 Chopped Tsp(3.0 gm) Almond
- 10.0 MI(10.0 ml) Water

Method of Preparation (Step by Step)

- To prepare the custard mixture, add 1 egg, 1/2 tsp custard powder and 50 ml Nestlé A+ Milk in a mixing bowl, mix it well.
- Then, in a pan, heat 50 ml Nestlé A+ Milk, 1/2 tsp custard powder and stir the ingredients well.
- Pour the custard mixture into it, stirring it well.
- Then add 2 tbsp oats, 2 tsp chopped almonds, 1 tbsp chopped walnut, 30 ml water and keep stirring until it thickens.
- Switch off the heat & let it cool down.
- Serve chilled.

Nutrition Information per serve

Energy	168.7 kcal
Carbohydrate	20.08 gm
Protein	4.65 gm
Total Fat	7.03 gm
Total Fiber	0.54 gm