

Apple Cinnamon Overnight Oats

Sharon Teoh
Dietitian
National Healthcare Group Polyclinics

SERVES 2



NUTRITION INFORMATION per serving

Energy	180kcal
Protein	6 g
Carbohydrate	30g
Total fat	4 g
Saturated fat	1.0g
Cholesterol	6.1mg
Dietary fibre	2g
Sodium	55mg
Carbohydrate exchanges:	2 exchanges

INGREDIENTS

Rollled oats	6 tablespoons
Low fat milk	1 cup (240ml)
Apple	1 medium (with skin), diced
Cinnamon powder	½ teaspoon (to taste)
Walnut	1 tablespoon (natural baked), chopped

METHOD OF PREPARATION

1. Mix rolled oats with low fat milk in a glass with lid or jar.
2. Add in cinnamon & stir evenly.
3. Top with diced apple and chopped walnuts.
4. Refrigerate overnight.
5. Stir and serve the next morning.

Chicken Oatmeal Porridge

SERVES 4



NUTRITION INFORMATION per serving

Energy	277kcal
Protein	25g
Carbohydrate	30g
Total fat	6 g
Saturated fat	1.3g
Cholesterol	55mg
Dietary fibre	4.4g
Sodium	413mg
Carbohydrate exchanges:	2 exchanges

INGREDIENTS

Quick Cook Oats	2 cups
Chicken Breast (skinless)	300g, thinly sliced
Chicken Broth	500ml
Water	500ml
Carrot	1 small, diced
Ginger	1 small cut, finely shredded
Pepper	To taste
Salt	To taste
Sesame Oil	1 teaspoon
Spring Onion	1 stalk, chopped

METHOD OF PREPARATION

1. Season chicken with sesame oil, pepper and salt. Set aside.
2. Heat chicken broth and water to boil. Add in chicken, carrot and ginger. Cook over low heat for about 3 minutes.
3. Add in oats and continue to simmer until it soften and creamy. If the mixture is too thick, adjust the consistency by adding more hot water.
4. Serve in bowls and top with spring onion.

Scrambled Egg Tortilla Wrap

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SERVES 4



INGREDIENTS

Wholemeal tortilla	4 slices (23cm)
Egg	4 medium
Low fat milk	2/3 cup
Low fat cheddar cheese (grated)	4 tablespoons
Sweet corn (frozen)	6 tablespoons, thawed and boiled
Lettuce	40g or a few leaves
Tomato	2 medium, sliced
Pepper	To taste

METHOD OF PREPARATION

1. Thaw and boiled sweet corn in a pot. Put aside.
2. Whisk the eggs in a bowl.
3. Stir in milk and pepper.
4. Heat up tortilla wraps over medium low heat in a non-stick pan. Put aside on plate.
5. Pour in the egg mixture. Do not stir. Let the eggs cook for up to a minute or until the bottom starts to set.
6. With a heat-resistant rubber spatula or wooden spatula, gently push one edge of the egg to the centre of the pan, while tilting the pan to allow the still liquid egg to flow underneath. Repeat with the other edges, until there is no liquid egg left.
7. Turn off the heat and continue to stir gently until the eggs cook and set.
8. Add in cheese and sweet corn, then stir to mix evenly.
9. Divide equally and transfer onto the tortilla wraps.
10. Add in lettuce and tomato, fold up the bottom of tortilla and roll in for both sides. Continue for all the wraps. Serve immediately.

NUTRITION INFORMATION per serving

Energy	269kcal
Protein	20g
Carbohydrate	29g
Total fat	8 g
Saturated fat	3.1g
Cholesterol	194mg
Dietary fibre	3.4g
Sodium	405mg
Carbohydrate exchanges:	2 exchanges