



# Crunchy oats with stewed strawberries & hung curd

Cooking time:  
20 mins

Serves:  
1 short glass



## Expert comments:

- Desserts cannot be termed as cheat meals if they are made up of dietary fiber and good quality proteins
- If you are on a low potassium transplant, you may add stewed apple or stewed pineapple rather than strawberries
- If you are on a low calorie diet or weight loss diet, you may skip the nuts

## Nutritional information/ serving:

Proteins (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Phosphorus (mg)
10.7	19.6	22.5	314	41.9	288.4	204.1	210.5

