



# Sweet Potato Oats

Serves 2

**Prep time: 10 mins**

**Cook time: 20-30 mins**

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## Ingredients:

- 100g sweet potato, cubed
- $\frac{3}{4}$  cup oats
- 400ml low-fat milk
- 2 tsp sugar (optional)

## Method:

1. In a pot, bring the milk and oats to a boil using low heat.
2. Once boiled, add the sweet potatoes and sugar (if desired).

3. Simmer and cook until oats and sweet potatoes are soft and the mixture thickens.
4. Serve warm.

Calcium ★★★★★

### Healthier Eating Tips

Besides being a good way to include calcium into your diet, this recipe makes a good meal containing wholegrains.

Similar to porridge, this meal is a suitable soft food for easier chewing.

Wholegrains such as brown rice and harder vegetables such as carrots and broccoli can be softened by cooking them longer.

