



Cinnamon Caramel Swirl Oats

Serves 2

Breakfast 5 – 10 mins



Ground Cinnamon



Salted Caramel



Oats



Hazelnuts



Granola



Chocolate Chips

Pantry Items: Sugar, Water



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2024-W44

Before you start

Our fruit, veg and herbs need a wash before you use them!
We recommend reading the recipe in full before beginning to cook.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Ingredients

	Quantity
Ground Cinnamon	1 sachet
Salted Caramel	40 g
Oats	120 g
Hazelnuts	20 g
Granola	60 g
Chocolate Chips	100 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	176 g	100 g
Energy (kJ/kcal)	3173 kJ/ 758 kcal	1803 kJ/ 431 kcal
Fat (g)	30.2 g	17.2 g
Sat. Fat (g)	13 g	7.4 g
Carbohydrate (g)	101 g	57.4 g
Sugars (g)	49.9 g	28.4 g
Protein (g)	14.2 g	8.1 g
Salt (g)	0.2 g	0.1 g

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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Get Prepped

- Boil a full kettle (or a pot of **water** if you haven't got one).
- While the **water** boils, in a small bowl, combine **half** the **cinnamon** with the **salted caramel** sauce.

Make the Porridge

- Add the **oats** to a large bowl then pour in 300ml boiling **water**.
- Add remaining **cinnamon** and 2 tsp **sugar**.
- Mix until the porridge is creamy, 1-2 mins.

TIP: If you like your oats a little runnier, stir in an extra 100ml of boiled water.

Finish and Serve

- Divide the creamy porridge between 2 serving bowls.
- Swirl the **cinnamon salted caramel** sauce over the top.
- Finish with a scattering of **granola**, **hazelnuts** and **chocolate chips**.

Enjoy!