

DISCOVER THE GOODNESS OF
OATLY



ALL THE GOODNESS OF **OATS...**

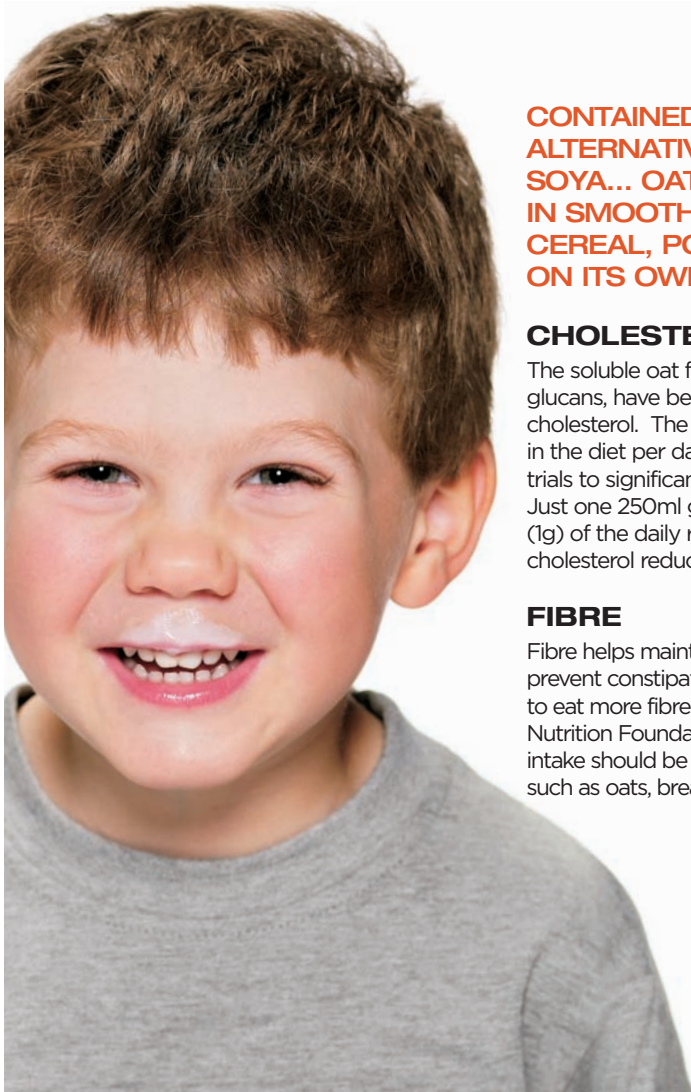
CONTAINED IN THIS DELICIOUS ALTERNATIVE TO MILK AND SOYA... OATLY CAN BE ENJOYED IN SMOOTHIES, ON BREAKFAST CEREAL, PORRIDGE OR SIMPLY ON ITS OWN...

CHOLESTEROL LOWERING

The soluble oat fibres in Oatly, known as beta-glucans, have been proven to lower blood cholesterol. The inclusion of 3g of beta-glucans in the diet per day has been shown in clinical trials to significantly lower cholesterol levels. Just one 250ml glass of Oatly provides a third (1g) of the daily requirement of beta-glucans for cholesterol reduction.

FIBRE

Fibre helps maintain a healthy gut and can prevent constipation. Most adults in the UK need to eat more fibre. According to the British Nutrition Foundation approx 1/3 of our daily food intake should be made up of fibre-rich foods such as oats, bread, potatoes and other cereal.





DAIRY-FREE ALTERNATIVE TO CREAM

Oatly Dairy-Free Alternative To Cream is ideal for pouring on fruits and berries throughout the summer months and with far fewer calories than traditional cream, it is going to be even more welcome during the festive season.

CHOCOLATE DRINK

Oatly Chocolate drink is delicious straight from the fridge or as a warming chocolate drink. It has all the health advantages of Oatly with another big benefit, it is lower in cholesterol than any other chocolate drink.

ORGANIC & ENRICHED

Delicious tasting Oatly Organic & Oatly Enriched with calcium and vitamins are free from added sugar, low in saturated fat, cholesterol free and also contain oat fibre. Both varieties are GM free, suitable for vegetarians and made from the highest quality Swedish oats. Oatly does not contain lactose, milk protein or soya.



OATLY RECIPES



OAT SCONES

Easy to make scones which are delicious served with jam. Makes 2 large or 6-8 small pieces.

Ingredients:

100g oat flakes	50ml melted margarine
150g wheat flour	200ml Oatly Oat Drink
2 tsp baking powder	A pinch of salt

Pre-heat the oven to 250°C. Place all dry ingredients together in a bowl and mix them thoroughly. Blend in the margarine and Oatly Oat Drink. Put some flour on your hands and form the dough into two large scone shapes or alternatively, 6-8 small scones. Place on a baking sheet and bake for 5-10 minutes.



HOT MEXICAN CHOCOLATE

Add some Mexican spice to your hot chocolate with cinnamon and some chilli, if you dare! Makes 1 glass.

Ingredients:

300ml Oatly Healthy Oat Chocolate
A pinch of ground cinnamon
Some grains of ground ancho chilli (mild chilli with full flavour)

Heat the Oatly together with the cinnamon and chilli if you choose. Garnish with a cinnamon stick and enjoy.

OATLY

VISIT WWW.OATLY.COM FOR MORE SCRUMPTIOUS RECIPES