

# Fruity Overnight Oats

1 serving= 3.5g protein

*These can be made the night before and are perfect for on the go. You can't beat the combination of banana and cinnamon - try adding coconut too!*

Serves: 1



## Ingredients\*

- 30g of porridge oats\*\*
- 1 bananas, mashed
- 1 tsp cinnamon
- 1 tsp honey
- 100ml low protein milk replacer

## Suggested Toppings

- Dried Apricots and freshly squeezed orange juice
- Mango and pomegranate
- Blackberries and raspberries
- Blueberries and passion fruit



## Method:

1. Simply mix all the ingredients together in a bowl.
2. Then transfer them into a airtight bowl and leave in the fridge overnight.
3. Decorate with your toppings of choice.



Serving Suggestion



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## Chef's Tips:

Be creative and vary your Overnight Oats by adding:

- Poached Pears and mixed spice
- Grated Apple and Cinnamon
- Stewed plums and peaches
- Raisins and dried cranberries
- Kiwi, passion fruit and coconut

\* Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

\*\* Please check the protein levels on food labels.