

Quick and easy



# Overnight oats

*Serves 1*

25g vanilla protein powder

75g yoghurt, such as Greek, natural, soy

50g berries, such as raspberries, blueberries or blackberries

75ml unsweetened almond milk

1 tsp ground cinnamon

40g rolled oats

1 tsp honey

15g flaked almonds

## Method

Place the protein powder, yoghurt, berries, almond milk and cinnamon into a blender and blitz until smooth. Pour the mixture into a bowl and stir in the oats, then cover and refrigerate for at least 4 hours, preferably overnight. If oats are too thick, add a splash more milk to loosen it up.

When ready to eat, drizzle with honey and top with the almonds.

## Alternative ingredients

To make this nut-free, swap the almonds for the same grams of seeds (e.g. pumpkin, sunflower) and swap the almond milk for the same amount of another type of milk (e.g. soy).