



CARBOHYDRATE REFUEL MEAL POST WORKOUT

Overnight protein oats

INGREDIENTS (1 serving)

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FREEZABLE

- 55g (2oz) protein powder
- 145g (5oz) 0% fat Greek yogurt
- 60g (2.1oz) berries, such as raspberries, blueberries or blackberries
- 120ml (4.2 fl. oz) unsweetened almond milk
- 1 tsp cinnamon
- 70g (2.5oz) rolled oats
- 25g (0.8oz) Manuka honey
- 30g (1.1oz) flaked almonds

This is a quick and easy dish to have after your workout. If you fancy having it hot as a winter warmer, follow the recipe below leaving out the yogurt. Whack it in the microwave for 2-3 minutes until hot then stir through the yogurt.

METHOD

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Place the protein powder, yogurt, berries, almond milk and cinnamon into a blender and blend 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.