

STRAWBERRY OVERNIGHT OATS

SIMPLE & DELICIOUS



INGREDIENTS

2 CUPS ROLLED OATS



1 CUP OF FREEZE
DRIED STRAWBERRIES



1-2 CUPS ALMOND MILK
(I USE VANILLA)



A SCOOP OF VANILLA PROTEIN
POWDER*



INSTRUCTIONS

Put the almond milk in a blender with the freeze dried strawberries and protein powder, and blend until smooth. Check for sweetness; I add more protein powder or a touch of maple syrup if it needs more sweetness.

Combine strawberry mixture with oats, ensuring the mixture is quite wet.

Leave overnight, adding a little more milk if it gets too thick



*I use Quest Vanilla Milkshake powder as its super sweet, just how my kids like it!



VANILLA OVERNIGHT OATS

WITH ALMOND & CINAMMON



INGREDIENTS

2 CUPS ROLLED OATS



2 TBSP ALMOND BUTTER



1-2 CUPS ALMOND MILK
(I USE VANILLA)



A SCOOP OF VANILLA PROTEIN
POWDER*



1 TSP CINAMMON



INSTRUCTIONS

Put the almond milk in a blender with the almond butter, cinnamon and protein powder, and blend until smooth.

Check for sweetness; I add more protein powder or a touch of maple syrup if it needs more sweetness. You can also add a few drops of vanilla extract here if it needs more flavour.

Combine vanilla mixture with oats, ensuring the mixture is quite wet.

Leave overnight, adding a little more milk if it gets too thick



*I use Quest Vanilla Milkshake powder as its super sweet, just how my kids like it!

