



VANILLA & BLUEBERRY OVERNIGHT OATS

SERVES 1 **PREP ~ 2mins** **SUITABLE FOR:** Vegan, Gluten Free

My #1 breakfast! A simple grab-and-go but delicious breakfast for those busy mornings. It provides a combination of protein and carbohydrate to power through the day, whilst the blueberries are rich in the phytochemical anthocyanin's, a powerful antioxidant, and have anti-inflammatory properties. The chia seeds add healthy fat & a great texture.



NUTRITION INFO

Health Score 15.1. High in Vit K, Manganese, & Phosphorus

Kcal	Carbs	Sugar	Protein	Fat	Sat Fat	Fibre
581.7	44g	17.7g (19.6%)	40.7g	19.8g	4.6g (22.8%)	19.5g (65%)

INGREDIENTS

- ½ cup (~ 45g) Large flake oats
- 1/5 cup (~18g) Chia seeds
- ~ ¾ cup (~ 300ml) Milk or vegan alternative
- ~ 2tbsp Vanilla Protein Powder or vegan alternative
- ~ 3tbsp Natural / Greek Yogurt
- Small handful (~ 20g) Blueberries

METHOD

1. Place the oats, chia seed, protein powder, milk & 1 tbsp of yogurt in the jar & shake till mixed through.
2. Leave for at least 30min.
3. Spoon the remaining yogurt on top and place the blueberries on top.
4. Add honey to taste

