

Breakfast

OVERNIGHT OATS

Choose one item from each category and mix all the ingredients thoroughly. Top with your choice of topping, put in the fridge overnight and it's ready for you first thing in the morning. (serves 1)

Base - 40g:

- Oats
- Quinoa flakes
- Buckwheat flakes

Liquid - 200ml unsweetened:

- Almond milk
- Hemp milk
- Coconut milk

Protein

- 1 tbsp protein powder
- 100g plain Greek yoghurt
- 20g chopped nuts

Seeds - 1 tbsp

- Chia seeds
- Flaxseeds
- Pumpkin seeds

Toppings

- 1 handful frozen / fresh berries
- 1 chopped apple / pear / peach / nectarine
- 2 chopped plums / apricots

