

COOKIE DOUGH OVERNIGHT OATS

 5 MINUTES

 2

				
CALS	PROTEIN	CARBS	FAT	FIBRE
332	22	50	5	5

COOKIE DOUGH OVERNIGHT OATS

SERVES: 2

TOTAL TIME: 5 MINUTES

INGREDIENTS

130 grams of fat free natural Greek yoghurt
180 millilitres of unsweetened almond milk
45 grams of old fashioned oats
30 grams of protein powder (or, if you prefer, add an additional 30 grams of oats)
2½ tablespoons of maple syrup
1 teaspoon of chocolate chips
½ teaspoon of vanilla extract
½ teaspoon of ground cinnamon
¼ teaspoon of ground nutmeg
⅛ teaspoon of salt

INSTRUCTIONS

In a medium bowl, combine the Greek yoghurt and almond milk. Once well mixed, add the rest of the ingredients to the bowl and stir until well combined.

Divide the mixture between 2 small mason jars or bowls. Cover with cling film and place in the fridge overnight so that the oats can become soft and absorb the flavour of the mixture. These oats can be served cold straight out the fridge or microwaved for 1 minute to be served warm.

MACROS PER PORTION

CALORIES	332	PROTEIN	22
CARBS	50	FATS	5
FIBRE	5		