

OVERNIGHT OATS (serves 1)

VEGAN PROTEIN POWDER INGREDIENTS:

- 35G QUICK OATS
- 20G PROTEIN POWDER
- 175ML UNSWEETEND ALMOND MILK
- 100G STRAWBERRIES (FRESH)
- 10ML QUEENS SUGAR FREE MAPLE SYRUP

WHEY PROTEIN POWDER INGREDIENTS:

- 35G QUICK OATS
- 20G PROTEIN POWDER
- 150ML UNSWEETEND ALMOND MILK
- 100G STRAWBERRIES (FRESH)
- 10ML QUEENS SUGAR FREE MAPLE SYRUP



METHOD:

1. Place quick oats into a single serve container.
2. Mix protein powder & unsweetened almond milk into a protein shaker & shake.
3. Pour protein shake into container with oats & stir until well combined.
4. Allow to set / rest in the fridge overnight.
5. Top with freshly sliced strawberries & a drizzle of sugar free maple syrup upon serving.

TIPS:

- *Experiment with your fruit toppings. Fresh or frozen fruit can be used.*