

OVERNIGHT OATS

BANANA RASPBERRY

INGREDIENTS:

- 1/2 Cup Old Fashioned Rolled Oats
- 1/2 Banana (Ripe, Mashed)
- 1/3 Cup Raspberries (Mashed With a Fork)
- 1 tbsp Maple Syrup
- Pinch of Sea Salt
- 1/3 Cup Plain Greek Yoghurt
- 1/2 Cup Milk or Milk Alternative
- 1 Scoop Bioteen Vanilla or Strawberry Whey Protein or Plant Protein

METHOD:

Place all ingredients in a jar and stir. Allow to soak for at least 2 hours or overnight. Add your favourite toppings. Store refrigerated for up to 2 days.

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