

OVERNIGHT OATS

APPLE CINNAMON

INGREDIENTS:

- 1/2 Cup Old Fashioned Rolled Oats
- 1/2 Apple (Small, Diced)
- 1 tbsp Almond Butter
- Pinch of Sea Salt
- 1 tsp Cinnamon
- 1/3 Cup Plain Greek Yoghurt
- 1/2 Cup Milk or Milk Alternative
- 1 Scoop Bioteen Vanilla or Unflavoured 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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