

OVERNIGHT OATS

PEANUT BUTTER

INGREDIENTS:

- 1/2 Cup Rolled Oats
- 3/4 tsp Chia Seeds
- 1 tbsp Maple Syrup
- 1 tbsp Peanut Butter
- 1/2 Cup Almond Milk
- 1 Scoop Bioteen 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 3 days.

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