

1.Basic overnight oat recipe

2. Add flavour pack

3. Add protein punch

Enjoy a delicious, protein & fibre packed meal!

Walsh Nutrition
WHOLEHEARTED LIVING

Overnight Oats:

Walsh Nutrition
WHOLEHEARTED LIVING

ADD TO MASON JAR:

1/3 cup of oats
2 tbs ground flaxseed
1 tbs hemp hearts
1/2 cup greek yogurt
1 tbs pure maple syrup
1 tbs walnuts
1/2 cup milk

[redacted]

Overnight Oats

Nutrition Facts

Serving Size: 1 full recipe

Amount Per Serving		% Daily Value*
Calories	488.8 kcal	24 %
Total Fat	22.8 g	35 %
Saturated Fat	6.1 g	31 %
Trans Fat	0.3 g	
Cholesterol	28.6 mg	10 %
Sodium	137.9 mg	6 %
Total Carbohydrate	52.1 g	17 %
Dietary Fiber	8.1 g	32 %
Sugars	26.4 g	
Protein	19.4 g	39 %

Vitamin A	10 % • Vitamin C	0 %
Calcium	40 % • Iron	15 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com </>

Flavors

CHOOSE A GROUP TO ADD TO JAR:

Carrot Cake

1/4 cup shredded carrot
1 tsp cinnamon
1/2 tsp nutmeg
1/4 tsp vanilla

ChocoBanana

1/2 diced banana
1 Tbs cocoa
1 tsp coconut

Apple Streudel

1/4 cup diced apples
1/2 tsp cinnamon
1/4 tsp nutmeg
1 Tbs raisins

#walshnutrition

#wholeheartedliving

Protein TIME

PICK ONE TO ADD TO YOUR JAR:

~1/4 cup of pumpkin seeds

~2 Tbs natural peanut butter

~1/2 scoop natural protein powder

~1/4 cup skim milk powder

Walsh Nutrition

WHOLEHEARTED LIVING

Enjoy!



Walsh Nutrition

WHOLEHEARTED LIVING