

CHOCONANA CHIA OVERNIGHT OATS

This is a great breakfast recipe that can be made up in bulk in advance and then served as individual portions, it will keep in the fridge for up to 3 days.

Oats and chia seeds are both great sources of fibre which will help keep your digestive system healthy and leave you feeling full.

Servings 1 | Prep 5 minutes | Total time Overnight

500 calories | 33g Protein | 70g Carbs | 12g Fat



Ingredients

40g Porridge Oats

15g Chia Seeds

25g scoop of chocolate protein powder

200ml semi skimmed milk

1 banana

Directions

1. Add the porridge oats and chia seeds to a bowl and mix well.
2. Mix up the protein powder and semi skimmed milk in a shaker.
3. Add the protein mix to the bowl of oats and seeds, combine and then cover. Leave in the fridge overnight.
4. Remove from the fridge and allow to come up to room temperature. Top with sliced banana (and some peanut butter if you fancy)

You can replace the both the milk and protein powder with dairy free alternatives, this may change the nutritional content of the dish but only marginally depending on what you use.