

Overnight Oats Recipe suggestion

Serves 1 (477kcal, 28g protein per serving)



Ingredients*

- 1 sachet ProSource Plus Neutral
- 30g rolled porridge oats
- 50ml whole milk
- 1 large tbsp natural yogurt
- 1 tsp cinnamon
- 1 small chopped banana
- 1 tsp honey
- 1 tbsp peanut butter

Method

Step 1

Mix together your milk, oats, yogurt, cinnamon and ProSource. Place in a container and put in the fridge overnight

Step 2

The next day, transfer your overnight oats into a bowl, and top with chopped banana, peanut butter and honey



Serving suggestion

* Allergens may be present, please check individual product and ingredients labels.
If concerned about allergens please contact your healthcare professional.