



BLUEBERRY & COCONUT OVERNIGHT OATS

Prepare the night before for a quick,
healthy, high protein breakfast on the go!

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Nourish your mind, body and soul

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INGREDIENTS:

- 150ML PLANT-BASED MILK (WE USED ALMOND)
- 50G OATS
- 200G 0% GREEK YOGHURT
- 1 TBSP. OF DESICCATED COCONUT
- 1 TSP HONEY
- HANDFUL OF BLUEBERRIES, FRESH/FROZEN

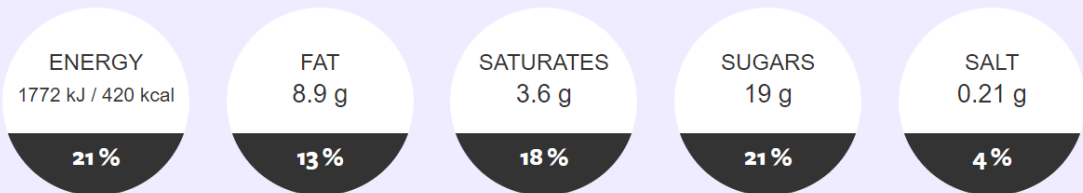


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METHOD:

1. Combine the milk, yoghurt & oats in a jar. Stir in the coconut and honey until smooth.
2. Place into an individual jar or bowl and leave in the fridge overnight.
3. In the morning top with more blueberries, adding more milk if required.

Per average serving:



IMPORTANT INFORMATION

*Allergen information is compiled using data obtained from the manufacturer of products we have used. If you decide to use a different product there may be a different allergen declaration, so please check the labels of all the ingredients you purchase to make this recipe. This information is for guidance only.

Nutritional information has been compiled by Registered Nutritionists using an industry standard software system (FDH Saffron). Please bear in mind that the nutrition will change depending on the products that you use to make this recipe. This information is for guidance only.

Contains: Milk, Gluten, soy