



Overnight Oats

Ingredients

Overnight oats (makes 2 portions)	CHO	Protein
1 grated eating apple	15g	
50g jumbo porridge oats	35g	5g
25g mixed nuts		6g
25g mixed seeds		4g
¼ teaspoon ground cinnamon		
100g Greek/Greek Style/Icelandic yogurt	5g	6-10g
100ml cold water		
1 banana	20g	

Method

Mix all ingredients together except banana and half the nuts. Divide into 2 and leave overnight. In the morning add the nuts and half a banana per portion

Each portion: 35g carbs + 10g protein



#StrikeTheSpike

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