

OVERNIGHT OATS

VANILLA

INGREDIENTS:

- 1/2 Cup Old Fashioned Rolled Oats
- 1 tbsp Maple Syrup
- Pinch of Sea Salt
- 1/3 Cup Plain Greek Yoghurt
- 1/2 Cup Milk or Milk Alternative
- 1 Scoop Bioteen Vanilla or Unflavoured Whey Protein
or Plant Protein

METHOD:

Place all ingredients in a jar and stir. Allow to soak for at least 2 hours or overnight. Decorate with your favourite Toppings. Store refrigerated for up to 4 days.

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