



OVERNIGHT OATS

Super berry overnight oats for weight loss

 5 minutes 5 minutes

INGREDIENTS

- 40 grams of porridge oats, unfortified
- 150ml of water
- 1 tbsp of sugar free syrup
- 5 grams of raspberries
- 5 grams of blueberries
- 5 grams of seeds chia seeds
- 20 grams of strawberries

COOKING METHOD

- 1° Place oats in a mason jar
- 2° Add the water and stir
- 3° Top with raspberries, blueberries and chia seeds
- 4° Drizzle over the sugar free syrup
- 5° Close the mason jar, place in the refrigerator and consume when desired

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	73 kcal	4 %
PROTEIN	2 g	4 %
CARBOHYDRATE	14 g	5 %
SUGARS	1 g	1 %
FAT	2 g	2 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 %
FIBER	2 g	8 %
SODIUM	14 mg	1 %