



OVERNIGHT OATS FOR WEIGHT MAINTENENCE

INGREDIENTS

- 60 grams of porridge oats, unfortified
- 150ml of semi- skimmed milk
- 5 grams of peanut Butter, smooth
- 80 grams of banana
- 5 grams chia seeds

COOKING METHOD

- 1° Place oats in mason jar
- 2° Add milk and stir
- 3° Top with chopped banana and a dollop of peanut butter
- 4° Close mason jar- store in refrigerator and consume when desired

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	141 kcal	7 %
PROTEIN	5 g	10 %
CARBOHYDRATE	24 g	9 %
SUGARS	6 g	6 %
FAT	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	1 g	5 %
FIBER	3 g	12 %
SODIUM	30 mg	1 %