

## Green Overnight Oats

These overnight oats are a great way to sneak some extra green veg into your diet without the 'taste'. With added protein, they're sure to keep you satiated until lunch. Add toppings of preference, (fresh berries work really well). [N.B. toppings are not included in nutrition information].

🕒 Preparation 5 minutes   🕒 Total 4 hours and 5 minutes   2 portions

### Ingredients

or	or
1 medium banana	100 grams of oats
or	or
2 big handfuls of spinach	1 average glass of milk, semi-skimmed, pasteurised, average (200 g) or soya milk
or	or
25 grams of vanilla whey protein powder	30 grams of raspberries, raw

### Cooking method

- 1  
Place the milk, banana, spinach, and protein powder in a blender and blitz until smooth.
- 2  
Place the oats in a tub and pour the spinach mixture over them. Stir to mix, then cover and refrigerate for at least 4 hours or up to overnight, before topping and serving.