



BANANA SPINACH 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].

 5 minutes

 4 hours and 5 minutes

 2 portions

INGREDIENTS

- 1 medium banana
- 2 big handfuls of spinach
- 25 grams of vanilla whey protein powder
- 100 grams of oats
- 1 average glass of milk, semi-skimmed, pasteurised, average [200 g] or soya milk
- 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.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (259 g)	% DRI
ENERGY	124 kcal	322 kcal	16 %
FAT	2 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	9 %
CHOLESTEROL	3 mg	8 mg	3 %
SODIUM	30 mg	79 mg	3 %
CARBOHYDRATE	18 g	46 g	15 %
SUGARS	4 g	11 g	—
FIBER	3 g	7 g	27 %
PROTEIN	9 g	24 g	—