



OVERNIGHT OATS (APPLE & POMEGRANATE)

Delicious and nutritious breakfast option. Vegan Heart healthy, high in fibre
No sugar added

 10 minutes

 8 hours

 3 portions

INGREDIENTS

- 200 grams of apple - 2 small units
- 2 cups of old-fashioned rolled oats (160 g)
- 1.5 cups of beverages, almond milk, unsweetened (393 g)
- 20 grams of dried apples -1/4 cup
- 30 grams of pomegranate - 1/4
- 3/4 container (7 oz) of yogurt, Greek, plain, lowfat (150 g)
- 1 oz of seeds, chia seeds, dried (28 g)
- 2 tbsps, whole of seeds, flaxseed (21 g)
- 1 tsp of vanilla extract (4 g)
- 1 dash of salt, table (<1 g)

COOKING METHOD

- 1° Grate 1 small apple through the large holes of a box grater; place in a large bowl. Add 2 cups oats, 1.5 cups almond milk, and yogurt and cinnamon and vanilla to taste (add a pinch of salt to enhance flavour); stir to combine. Dice the remaining apple and add them to the mix with the ¼ cup pomegranate.
- 2° Put the previous mix in a hermetic container and refrigerate for at least 8 hours or up to 3 days. The recipe is made for three portions. Divide and enjoy - add your favourite toppings.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (336 g)	% DRI
ENERGY	118 kcal	396 kcal	20 %
FAT	3 g	12 g	18 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	10 %
CHOLESTEROL	1 mg	5 mg	2 %
SODIUM	52 mg	176 mg	7 %
CARBOHYDRATE	18 g	60 g	20 %
SUGARS	2 g	8 g	—
FIBER	4 g	13 g	51 %
PROTEIN	5 g	16 g	—