




OVERNIGHT OATMEAL

It's one of the easiest, no-cook meal options that will leave you with healthy grab-and-go meal to enjoy throughout the week.

 5 minutes
 8 hours
 1 portion

INGREDIENTS

- 40 grams of rolled organic oat
- 150 grams of almond milk, no sugars, roasted ALPRO
- 50 grams of yogurt Greek low fat
- 7,5 grams of chia seeds [1 tbsp]

COOKING METHOD

- 1° In a small jar, stir together the oats, milk, yogurt, chia seeds, and sweetener.
- 2° Place the jar in the fridge to let the oats soak for at least 2 hours, though overnight is best.
- 3° Add toppings and serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (248 g)	% DRI
ENERGY	89 kcal	221 kcal	11 %
PROTEIN	5 g	12 g	24 %
CARBOHYDRATE	10 g	25 g	10 %
SUGARS	0 g	0 g	0 %
FAT	3 g	7 g	10 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
FIBER	3 g	7 g	28 %
SODIUM	85 mg	210 mg	9 %