

Coconut overnight oats

50g oats (use gluten free if preferred)
15g chia seeds
150ml unsweetened almond milk
30g coconut cream
2 tpsps maple syrup
30g vanilla flavour plant-based protein powder
juice of ¼ of a lime (optional)
for the topping:
10g unsweetened coconut flakes

SERVES 2

Place all of the ingredients in an airtight container, except for the coconut flakes and mix well. Cover and refrigerate for 2 hours or overnight.

Stir well and add more almond milk if required, to achieve the desired consistency.

Place the coconut flakes in a frying pan over a medium/low heat. Toast gently for 2-3 minutes, stirring occasionally.

Transfer the oat mixture to a serving bowl and top with the toasted coconut flakes. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



PER SERVING:
334 Calories
26g Carbs
17g Protein
18g Fat