



OVERNIGHT OATS

Aim: Post training refuel, and all round delicious brekkie!

Ingredients

- 60g porridge oats
- 2 egg whites
- 1 scoop whey (flavour of your choice - I like caramel!)
- Water, to desired consistency
- 100g frozen mixed berries

Directions

READY IN: 15 // SERVINGS: 1

1. Combine the oats, egg whites, whey and water and refrigerate overnight, or up to 3 days.
2. Cook over a gentle heat on the stove, or on a medium heat in the microwave, stirring every 30 seconds so the whey and egg whites cook into the porridge.
3. Top with the berries and eat!

Variations to consider: For an extra kick and dose of Vitamin E and A, serve sprinkled with a pinch of dried chilli flakes. If you want higher carb, increase the amount of oats. If you want lower carb, replace some of the oats with grated courgette or carrot. If you aren't a fan of protein powder, but still want high protein oatmeal, use skim milk instead of water, stir in peanut butter powder, and/or top with high protein yoghurt. For those looking for a higher fat content, add nuts, seeds, or nut butter, and/or make with whole milk instead of water. Also consider switching up the fruit you top it with each day, for micronutrient variety!

CALORIES

443

CARBOHYDRATE

57

PROTEIN

38

FAT

7