

Overnight Oats

RECIPE CARD

INGREDIENTS

Woolworths rolled oats
Body by Wild vanilla vegan protein powder
Woolworths ground cinnamon
Woolworths pink salt
Woolworths unsweetened almond milk
Woolworths wild blossom honey
Woolworths chia seeds
Woolworths small bananas



@sugarfreesundays

EQUIPMENT

Travel container/bowl
Measuring spoon
Butter knife

METHOD

1. In a bowl or travel container, add the following:
 - 1/2 cup (125ml) of rolled oats
 - 1 scoop of vanilla vegan protein powder
 - 1 tsp (5ml) of ground cinnamon
 - a pinch of pink salt
 2. Mix these dry ingredients
 3. Add 1 cup (250ml) of unsweetened almond milk and a squeeze of honey
 4. Mix all ingredients well
 5. Sprinkle 1 tbsp (15ml) of chia seeds on top
 6. Chop up 1 banana in thick slices and gently place them on top of the chia seeds
 7. Sprinkle a pinch on cinnamon to top it all off
 8. Close your container and place in the fridge overnight
- Enjoy the next day!

CANAL WALK



WOOLWORTHS



WILD



Overnight Oats

SHOPPING LIST



6pk small bananas,
R16.99 at Woolworths



120g pink salt,
R25.99 at Woolworths



250g chia seeds,
R69.99 at Woolworths



45g ground cinnamon,
R19.99 at Woolworths



1kg rolled oats,
R33.99 at Woolworths



Body by Wild vanilla
vegan protein powder,
R349 at Clicks



1l unsweetened almond milk,
R46.99 at Woolworths



375g wild blossom honey,
R69.99 at Woolworths

CANAL WALK



WOOLWORTHS



WILD

