

APPLE BANANA OVERNIGHT OATS

By: Erin Abraham



SERVES: 3-4

Overnight oats are a simple, and nourishing way to start your day. They can be enjoyed warm or cool, at home or on the go. There's nothing like starting your morning positively by fuelling your body with premium nutrients.

Why it's good for you:

Oats are helpful in providing digestive support because of their fibre power. Consider oats your best friend because they are also a good source of protein, and can be helpful in stabilizing our blood sugar. Cinnamon also improves the stabilization of blood sugar but the aroma of this sweet spice is known to boost brain activity.

Ingredients

- 1 cup, rolled oats or gluten-free oats
- 2 cups, dairy free milk of choice
- 1 large apple, chopped
- 1 medium banana, sliced
- 1/3 cup, greek yogurt, plain (optional)
- 3 tbsp, chia seeds or ground flax meal
- 1/2 tsp, maple syrup
- 1/4 tsp, cinnamon
- 1/8 tsp, ground ginger
- 3 tbsp, protein powered (optional)

Method

1. Add all ingredients to a medium sized bowl and mix well.
2. Scoop into three or four small to medium sized containers or mason jars.
3. Place in the fridge overnight and enjoy the next morning.

Kitchen Tip: Before you dig in and enjoy, give the overnight oats a good stir.