

OVERNIGHT OAT GOAT



STUFF

- 50 g Oats....bet you were not expecting that
- 1 scoop Protein powder
- 100ml Milk or water
- Frozen fruit
- Greek or protein yoghurt
- Maple syrup
- Jar or tub
- Scales



HOW TO DO THE THING

- Put a tub on the weighing thing and zero it
- Add 50g oats and mix with protein powder
- Add the milk or water
- If using yoghurt add now - may need less liquid if putting in the yoghurt
- Fire in the frozen fruit (Blueberries are the game)
- Add more water or oats to get desired consistency
- Put in fridge and in the morning its basically a desert.
- On this recipe can make low cal by using water and not adding the yoghurt and can use ANY fruit you like
- Maple syrup as is lower cal than honey/golden syrup