

# OVERNIGHT OATS

**Serves 1**

**NUTRITIONAL INFORMATION:**

Higher carbohydrate, gluten free\*



**GYMGAIR**

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Kcal: **384**

Protein: **14g**

Carbohydrate: **64g**

Fat: **8g**



## INGREDIENTS

50g	Porridge Oats*
1 tsp	Chia Seeds
125ml	Semi Skimmed Milk
1 tbsp	Honey
50g	Blueberries

\*Use gluten free oats if required

## METHOD:

- Measure the oats, seeds & blueberries in a breakfast bowl.
- Add the milk, stir until combined.
- Add the honey, stir and put in the fridge overnight.

**COOKING TIME: Overnight**

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