

Gingerbread Overnight Oats

CAL: 334 PROTEIN: 19 CARBS: 51 FIBRE: 4 FAT: 6



Gingerbread Overnight Oats



SERVES:

1



TIME:

5 minutes (plus 8+ hours)



INSTRUCTIONS

In a bowl or jar, mix together all ingredients (except the banana and pecans).

Cover the bowl with cling wrap, or fasten the lid on the jar and place in the fridge overnight.

Serve with sliced banana and pecans.

INGREDIENTS

25g quinoa flakes

15g vanilla protein powder

1/2 tsp ground ginger

1/2 tsp ground cinnamon

95ml milk

2 tsp maple syrup

To serve:

1/2 large banana, sliced

1/2 tbsp pecans, chopped

MACROS

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