



APPLE, CINNAMON & RAISIN OVERNIGHT OATS (SERVES 1)

INGREDIENTS:

- 30g Porridge Oats
- 1 tbsp chia seeds
- 1 apple, grated
- 100g fat free Skyr or greek yoghurt
- 1 scoop vanilla protein powder
- pinch cinnamon
- 30g raisins

INSTRUCTIONS:

- add the oats, chia and protein powder to a bowl and mix well
- mix in the apple, cinnamon and yoghurt. add a small amount of water if it looks a bit thick
- cover and refrigerate overnight.
- remove from the fridge half an hour before serving
- top with raisins and enjoy!

430 cals 36g P 57g C 8g F