

Strawberry, Pomegranate and Vanilla Overnight Oats

This nutritious bowl of oats is packed full of B vitamins for energy and fibre for better digestive health. Strawberries and pomegranate seeds are a great source of vitamin C, a powerful antioxidant.

Ingredients

- 30g oats
- 200ml milk
- 20g vanilla protein powder
- 1 tbsp ground flax seeds
- A handful of strawberries
- A handful of chopped nuts (optional)



Method

Combine the oats, flaxseed and protein power in a bowl, jar or tub, add the milk and mix. Top with the pomegranate seeds, strawberries and nuts if your adding them (I think pistachios make a great addition). Keep overnight in the fridge or for a couple of hours before needed. Simple.

Recipe notes:

Easy to grab in the morning and take to work.
For dairy free use coconut or any nut milk, vegan protein powder.



Serves : 1
Prep: 5
Cook: 0



Nutrition per serving:
Cals: 356
Protein: 21g
Carbs: 36g
Fat: 13g