

# Overnight Oats

This is a delicious and simple breakfast you can prep the night (or weekend!) before, that sets you up for a week of instant morning meals. Use spices, seasonal fruits and your imagination to create yummy combinations.

{Makes 2 servings}

## Ingredients

2 servings of Whey Less Natural  
1/2 cup unsweetened almond milk  
1/2 cup oats  
1/2 cup seasonal fruit

**Optional spices:** cinnamon, nutmeg etc

**Optional extras:** LSA, chia seeds, chopped nuts, shredded coconut, dark chocolate shavings etc

## Directions

Blend the whey protein, milk, and any spices you may like together (like you would a smoothie)

In a bowl, mix the oats and protein smoothie together

Spoon the oat mixture into bowls/half-pint mason jars and layer with berries (or chopped seasonal fruit)

Serve with a dollop of yoghurt, a couple of berries and a sprinkling of LSA or chia seeds

## Tip

These may be prepared and served in bowls or ramekins, and kept fresh covered in the fridge. Alternatively, I like to make mine in wide-mouthed, half-pint mason jars as they not only stay fresh, but are portable as well!

These keep well in the fridge so, to save time and energy, make up 5 servings on a Sunday to see you through the week.

