

Strawberry and Maple Overnight Oats



Serves	Prep Time	Cooking	Total Time	Calories
2 people				330 kcal

Stuff that's in it:

- 230G Frozen Strawberries
- 15G Golden Caster Sugar
- 200G Natural Yoghurt
- 15G Maple Syrup
- 1 Tbsp Fresh Lemon Juice
- Almond Milk To Loosen
- 100G Oats

What you do:

Defrost your strawberries in the microwave, add them to a saucepan with the sugar and lemon juice, simmer for 5-7 minutes until thick and reduced slightly.

Leave to cool then Blend in a food processor.

Add to 2 jars and refrigerate.

Add the oats, maple syrup and yoghurt to a bowl and mix well, add some almond milk to loosen and pop into the fridge.

When ready take out the 2 jars with the purée and the oats, loosen the oats again with water or almond milk, then equally split the oats into each jar until full.

Enjoy.

Nutrition

- Carbs: 51g
- Fat: 5g
- Protein: 17g

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