



OVERNIGHT OATS

SERVINGS: 1

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

INGREDIENTS

15g oats shredded
50mL milk
Honey to taste
1/2 pear
1 tbsp nut butter
1-2 tsp fat (butter/avo/oil)
a pinch of salt

DIRECTIONS

1. Combine milk and oats.
2. Add honey and pear.
3. Mix in blender for 3-4 mins.
4. Add more milk if needed to reach desired consistency.

Calories/serve = 280 per 120mL

NOTES

- Ensure final consistency is equivalent to drinking yoghurt or pancake batter
- If you do not have a high-powered blender use a sieve to make the recipe
- This should make 2-3 60mL syringes