

**Ingredients**

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| **Overnight oats (makes 2 portions) CHO Protein** |
| 1 grated eating apple 15g |
| 50g jumbo porridge oats 35g 5g |
| 25g mixed nuts 6g |
| 25g mixed seeds 4g |
| ¼ teaspoon ground cinnamon |
| 100g Greek/Greek Style/Icelandic yogurt 5g 6-10g |
| 100ml cold water |
| 1 banana 20g |

**Method**

Mix all ingredients together except banana and half the nuts. Divide into 2 and leave overnight. In the morning add the nuts and half a banana per portion

Each portion: 35g carbs + 10g protein



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