

CITY LIFESTYLES



CITY IN THE
COMMUNITY



OFFICIAL PARTNER OF CITY IN THE COMMUNITY

Recipe name: Otamendi's Overnight Oats

Serves: 1 person

Preparation time: 5 mins

Cooking time: 5 mins

Starting line-up (*ingredients*):

Oats (4 tbsp), vanilla Alpro yogurt (4 tbsp), mixed berries, honey



Warm-up (*preparation*):

None



Game plan (*method to make*):

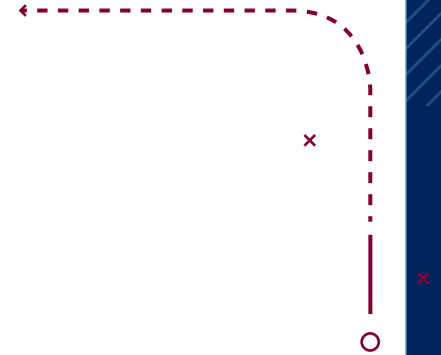
1. Mix oats and yogurt together and add half of the mix to the pot
2. Chop fruit and add layer to the pot
3. Add remaining mixture on top of the pot
4. Leave in fridge overnight



Substitutes

Berries out, mixed for other fruit e.g. banana or apples – for taste/texture

Dairy intolerance – dairy free yogurt (Alpro)



Nutritional benefits:

Oats – contains carbohydrates which gives energy and can help control blood sugar level reducing the risk of developing type 2 diabetes. It also contains fibre which promotes a healthy gut

Mixed berries – vitamin A, C, K & E which all keep our eyes, bones, internal organs and immune system healthy

Each serving provides 370 kcal per person, 28g protein, 128g carbohydrates, 13g fat



CITY LIFESTYLES



x



CITY IN THE
COMMUNITY



OFFICIAL PARTNER OF CITY IN THE COMMUNITY