

# Reece's Pieces Overnight Oats

Recipe recommended by Yasmine Fella  
Nutrition Student @ University of Exeter



## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	1252kj	15%
Energy (kcal)	298kcal	15%
Fat	10g	14%
of which saturates	2.3g	12%
Carbohydrate	37g	14%
of which sugars	2.5g	3%
Fibre	6.5g	26%
Protein	12g	24%
Salt	0.06g	1%

Generated by Nutritics v5.61 on 09/09/2022

### INGREDIENTS: (Serves 1, 301kcal per 101g)

50g of certified gluten-free oats  
25ml oat milk  
25ml yogurt (**MILK**)  
1tsp of natural peanut butter (**NUTS, MILK**)  
1tsp of cocoa powder

### OPTIONAL:

Fruit (berries, grated apple, whole fruits)  
Nuts & Seeds (**NUTS**)

### METHOD:

1. Place all your ingredients into a bowl and mix together until the desired consistency is reached, you can add more milk or yogurt depending on your preference.
2. Place this mixture into a bowl/container and leave overnight.
3. In the morning, you can eat your overnight oats alone, or add fresh and dried fruit, along with extra yogurt or nuts & seeds.

### ALLERGENS



PEANUTS



MILK

### MODIFY

Switch oats for buck-wheat grains for gluten-free

Switch yoghurt for plant-based for dairy-free

### CREDIT

Recipe by: Yasmine Fella  
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