



Easiest ever overnight n'oats

Too easy, and filling enough to sustain through the morning, with a good dose of protein and fibre, however adding an egg or 2 on the side would boost protein content. Serves 1. Per serve: Cal: 486; Fat: 27g; Pro: 28g; Carbs: 11g

Serves: 1, Prep time: 00:05, Cook time: 00:00

Instructions

Mix the chia seeds, flaxmeal, coconut and cinammon together. Add the just boiled hot water and mix to form a thick paste. Add the almond milk and protein powder and mix again until blended through. Cover and leave overnight (if desired, you can do this in the morning too, and have it warm).

In the morning, top with the remaining ingredients and enjoy :).

**Inspired by all of the other keto porridge recipes out there!*

Ingredients

- 2 tablespoon Chia seeds
- 2 tablespoon Coconut, desiccated
- 2 tablespoon Ground flaxmeal
- 1 teaspoon Cinammon
- 0.5 cups Hot water, just boiled
- 0.5 cups Almond milk, unsweetened
- 2 teaspoon Raw almonds
- 1 teaspoon Pumpkin seeds
- 1 teaspoon Sunflower seeds
- 25 grams Vanilla protein powder (1 oz)
- 0.25 cups Blueberry, frozen, thawed
- 1 teaspoon Peanut butter