



KCAL:
585

CARB:
66g

PRO:
23g

FAT:
26g

Blueberry and banana overnight oats

High carb

Breakfast



By Adam Lloyd

For quick and easy grab and go high carbohydrate breakfasts, give these ones a go!

Prep: 2 min

Fresh: 1 days

Beginner

Ingredients for 1 Portion(s)

100 ml Semi skimmed milk

1 small Banana

60 g Tesco Fat Free Greek Style Yogurt

30 g Porridge oats

30 g Mixed nuts

½ handful Blueberries

1 heaped teaspoon Honey

15 g Mixed Seeds

Method

In a bowl, mash up a banana using a fork, then add oats, and mix well

Transfer to a saucepan and add milk and cook gently on a low heat

Meanwhile, grind up the nuts and seeds using a pestal and mortar, this will help them to be easily edible. Once ground, add them to the mixture in the saucepan and stir well

Once mixture is cooked through, take off heat

Transfer to a bowl to eat