

Brownie Batter Oats

Indulge your self. A guilt free breakfast treat that you wont be able to stop eating! Its delicious, filling and good for you so why not :)



Sample Recipe

Recipe serves	Preparation Time
1	Over Night

Ingredient	Amount
Oats, raw	1/2 cup
Almond milk	1/2 cup
Chai Seeds	1 tbsp
Cocoa or coco powder	1 tbsp
Small Banana	1
Low fat plain yogurt	1 cup
Optionsl Sweetener (xylitol, stevia)	
Optional: high protein add 1 scoop whey protein	

Shopping List

Ingredients	Have it	Quantity
Jungle oats/raw oats	<input type="checkbox"/>	1 box
Almond milk	<input type="checkbox"/>	1 carton
Spinach/Kale	<input type="checkbox"/>	1 Bunch
Chai Seeds	<input type="checkbox"/>	1 packet
Banana	<input type="checkbox"/>	1
Low fat plain Yogurt	<input type="checkbox"/>	175ml
Sweetner	<input type="checkbox"/>	
Whey Protein (unflavoured)	<input type="checkbox"/>	

Instructions

1. In a small bowl, mix all of the ingredients together.
2. Cover and refrigerate overnight (or for at least an hour (or more) so the oats soften and absorb the liquid).
3. Top with chopped nuts or topping of choice if desired! Enjoy cold, or microwave for 30-60 seconds to enjoy warm!

Double recipe for portions for 2 days