

Green Mamba Oats

Get your greens in the morning in a tasty way! It might look healthy but it tastes amazing. Kale is well known to be nutrient dense, full of beta-carotene, Vitamin K, Vitamin C and calcium



Sample Recipe

Recipe serves	Preparation Time
1	Over Night

Ingredient	Amount
Oats, raw	1/2 cup
Almond milk	1 cup
Chai Seeds	1 tbsp
Handfull spinach/kale	1
Small Banana	1
Optional: high protein add 1 scoop whey protein	
Toppings: Nut butter, coconut, seeds, fruit	

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
Whey Protein (unflavoured)	<input type="checkbox"/>	

Instructions

1. In a blender, blend together the spinach, banana, chia seeds, and almond milk until smooth.
2. In a cereal bowl, add the oats and then pour the smoothie on top. Stir well until combined.
3. Place in fridge (uncovered is fine) overnight. Give it a good stir in the morning and then enjoy it cold, straight from the fridge. Add desired toppings as you wish such as nut butter, granola, coconut, fruit, etc.