

## Overnight Oats

I make a version of these oats pretty much every weekend as they are so convenient for busy mornings and provide a protein and fibre rich start to the day. This version has over 26g protein and an impressive 10g dietary fiber per serve to support stable blood sugar levels and provide satiety.

For women in midlife, I always recommend tweaking the ratio a little to provide a more balanced protein to carb ratio. Some great ways to achieve this is to use a high protein Greek yoghurt (at least 8-9g per 100g), or sometimes I also add a scoop of protein powder.

Makes 2 servings

Prep: 5 mins, plus chilling time

½ cup rolled oats

2 tbs LSA (ground linseeds, almonds & sunflower seeds)

½ tsp ground cinnamon

1 small apple, grated (leave skin on)

1 cup high protein Greek yoghurt, plus ½ cup extra to serve

½ cup milk of choice

1 cup fresh or frozen raspberries

2 tsp hemp seeds, to serve (optional)

**1** Combine oats, LSA, cinnamon, apple, yoghurt and milk in a large bowl, adding a little more milk if mixture is too thick.

**2** Layer oat mixture in jars with raspberries and top with extra yoghurt and a sprinkle of hemp seeds.

**Tip:** Overnight oats keep, covered in the fridge for up to 4 days.