

RECIPE

OVERNIGHT OATS



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INGREDIENTS:

- ½ cup (125 ml) rolled oats
- ½ cup (125 ml) fat-free/low-fat milk /unsweetened, calcium-fortified soy milk
- 1 tablespoon (15 ml) ground flaxseeds
- 3 tablespoon (45 ml) PnP yoghurt fat free/low fat plain
- 1 grated apple or pear (keep skin)
- ½ teaspoon (2.5 ml) vanilla extract, optional

INSTRUCTIONS:

1. In a bowl, combine all ingredients in a glass jar. Close with a lid and allow to rest in the fridge overnight.
2. Serve with more milk or yoghurt and 30 g chopped walnuts or almonds.
3. Optional: drizzle with 1 teaspoon (5 ml) nut butter e.g., almond butter to serve.

Dietitian notes:

2 tbsp of ground flaxseeds a day can help to reduce cholesterol.

Tree nuts, in particular walnuts and almonds are also known to have a cholesterol lowering effect.



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