

# Overnight Oats



3.5:1 ratio

- **Preparation time:** 2 minutes
- **Chilling time:** Overnight
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe
Fat	38.8g	
Protein	7g	
Carbohydrate	3.9g	
Energy (calories)	393kcal	



Enhancing Lives Together



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Ingredients	Quantity	Your recipe
Ground flaxseed e.g. Linwoods milled flaxseed, sunflower, pumpkin & sesame seeds & goji berries	10g	
Porridge oats e.g. Tesco Scottish Oats	2g	
Chia seeds	5g	
Coconut, toasted flakes e.g. Tesco	5g	
Pecan nuts, chopped	5g	
<b>K-Flo®</b>	65g	
Double cream e.g. Morrison's or Tesco	32g	
<b>Topping</b>		
Blueberries	5g	

## Method:

1. In a bowl, mix the dry ingredients together.
2. Add the **K-Flo®** and cream, stir until well mixed.
3. Cover and place in the fridge overnight.
4. To serve, top with blueberries.



## Always check with your dietitian what is suitable for you

- Sweeten to taste with Walden Farms Near Zero Maple Flavoured Syrup.



**K-Flo® is a food for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet. Refer to labels for allergens and other product information.**