

# Overnight Oats



2.1:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe/ MKD exchanges
Fat	24.2g	
Protein	7.2g	
Carbohydrate	4.2g	
Energy (calories)	263kcal	



Enhancing Lives Together



# Overnight Oats

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	
Greek yoghurt, full fat e.g. Morrison's or Tesco	15g	
<b>Topping</b>		
Blueberries	5g	

## Method:

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

Serving Suggestion

## 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.**