



# Low FODMAP Overnight Oats

Serves: 2

Prep: 10 minutes

Cook: No cooking required



Stack Cup

Ingredients	Metric	Imperial
1 cup rolled (traditional) oats	83 g	2.93 oz
10 almonds	12 g	0.42 oz
2 tbsp pepitas (pumpkin seeds)	23 g	0.81 oz
2 tsp ground cinnamon	2 g	0.07 oz
1 tbsp dried cranberries	15 g	1.06 oz
½ cup milk of your choice (cows, lactose free, almond, rice etc)	125 g	4.3 oz
½ cup water	125 g	4.3 oz
low FODMAP fruit e.g. 1/3 banana, kiwi fruit	150 g	5.29 oz
2 tbsp yoghurt, lactose free if required	40 g	1.4 oz
1 tsp maple syrup (optional)	5 g	0.18 oz

## Method

1. Place oats and almonds in a food processor and pulse a few times to make the oats smaller. This will improve the texture of your overnight oats.
2. Pour oats and almonds into a bowl and add all other dry ingredients, mix well. If you will be taking your breakfast to go, pour into a jar or container with a tight fitting lid.
3. Pour in the milk and water, cover and place in the fridge overnight.
4. In the morning, scoop out your serve, add a dollop of yoghurt or a splash of milk to loosen the mixture, add some fruit and breakfast is served

## Hints

- Halve the recipe for a single serve
- Don't have a food processor? No problem, use quick oats and flaked almonds instead!
- This mixture will last up to 4 days in the fridge so double the quantity for some easy meal prep.

Nutrition Information (per serve)	
<b>Energy</b>	1539 Kj / 368 cal
<b>Protein</b>	12.00g
<b>Carbohydrates</b>	38.50g
<b>Sugar</b>	4.80g
<b>Total Fat</b>	16.00g
<b>Saturated Fat</b>	3.00g
<b>Fibre</b>	5.00g