

Strawberry Oats

SERVES 1

- 1/2 CUP OATS
- 1 CUP ALMOND MILK
- 5 STRAWBERRIES - LEAVES REMOVED AND QUARTERED

- PLACE IN AN AIR TIGHT CONTAINER. ALLOW TO SOAK FOR 1-2 HOURS.

NOTES

- PLACE IN THE FRIDGE IF REFRIGERATION IS AN OPTION.
- IF NOT, STORE IN A COOL DRY PLACE AWAY FROM HEAT AND DIRECT SUNLIGHT.
- DO NOT LEAVE OATS TO SOAK OVERNIGHT.

NUTRITION INFORMATION

HEALTH BENEFITS OF OATS

- OATS CONTAIN SOLUBLE FIBER WHICH REDUCES THE BODY'S LOW-DENSITY LIPOPROTEIN "LDL".
- SOLUBLE FIBER CAN ALSO INHIBIT THE ABSORPTION OF CHOLESTEROL INTO THE BLOODSTREAM.
- THEY ARE A GREAT PREBIOTIC WHICH PROMOTE GUT HEALTH.

HEALTH BENEFITS OF ALMOND MILK

- ALMOND MILK IS COMPARABLE TO COW'S MILK IN RELATION TO CALCIUM, PROTEIN AND VITAMIN D CONTENT. YOU WILL NEED TO CONSUME 25% MORE TO ACCOUNT FOR THE LESSER ABSORPTION RATE.
- ALMOND MILK IS ALSO A QUALITY SOURCE OF VITAMIN E.

HEALTH BENEFITS OF STRAWBERRIES

- STRAWBERRIES ARE A QUALITY SOURCE OF VITAMIN C.
- THEY ARE RICH IN ANTIOXIDANTS
- PROVIDE FLAVOUR AND SWEETNESS WITHOUT SUGAR, COLOURINGS, ADDITIVES AND PRESERVATIVES.

