

Overnight Oats

Ingredients for 4 portions:

4 medium US sweet potatoes
500 ml almond drink
1 tsp. cinnamon
150 g oats
2 Tbsp. chia seeds
1 Tsp. vanilla extract



Preparation:

1. Prick the sweet potatoes with a fork and place them into an oven at 175 C° (circulating air). Bake for 20 to 30 minutes or until soft. Let them cool, peel the skin and purée in a mixer until smooth.
2. Mix sweet potato mash with cinnamon and 250ml almond drink and let it rest in the fridge overnight.
3. Use a second bowl to mix 250ml milk, oats, chia seeds and vanilla. Place in the fridge overnight. In the morning, remove from the fridge and layer both filings by turns in a glass jar.

Preparation time: 30 min (additionally 6 to 8 hours in the fridge)

Nutrition facts per portion:

Energy: 450 kcal/ 1890 kJ
Carbohydrates: 80 g
Protein: 11 g
Fat: 7 g