



Overnight Oats

Recipe makes:

1 portion

Preparation time:

2 minutes

Chilling time:

Overnight

Nutritional Information	Per portion
Energy	141 kcal
Protein	5.4g
Carbohydrates of which sugars	4.0g 1.1g
Total Fat	10g

Ingredients:

10g milled flaxseed e.g. Linwoods*

3g porridge oats

5g chia seeds

5g toasted coconut flakes

75g unsweetened soya drink

3g sugar-free syrup e.g. Walden Farms Near Zero pancake syrup*

5g blueberries

Method:

1. In a bowl, mix the dry ingredients together.
2. Add in the unsweetened soya milk and syrup and mix until smooth.
3. Cover and refrigerate overnight.
4. To serve, top with blueberries.

Dietitian's comments:



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Always check with your dietitian that this recipe is suitable for you.

This recipe has been specifically designed for the dietary management of Hepatic Glycogen Storage Diseases and has been analysed using Nutriment analysis. Refer to labels for allergen and other product information.

*Alternative products may be available - please speak to your dietitian.



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