Mixed Fruits Overnight Oats

RECOMMENDED FOR **HEALTHY AGING** GROUP

SERVING: 1

INGREDIENTS:

- 1 cup soy milk with less sugar
- 1 tbsp kiwi
  (or any fresh fruit of your choice)
- 1 tbsp orange
  (or any fresh fruit of your choice)
- 1 tsp raisin
  (or any fresh fruit of your choice)
- 3/4 cup rolled oats
- 1 level scoop **NUTRILITE All Plant Protein Powder**

PREPARATION METHOD:

1. Put rolled oats in a glass container.
2. Blend soy milk with **NUTRILITE All Plant Protein Powder**.
3. Pour the soy milk mixture into the container until it soaks the rolled oats.
4. Leave in the fridge overnight.
5. Top up with raisin, orange and kiwi or any fresh fruit of your choice.

Nutrition fact per serving					
Calories	Carbohydrate	Protein	Fat	Vitamin C	Calcium
327.5 kcal	44.4 g	20.0 g	7.1 g	17.5 mg	358.5 mg

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