



## SUMMERTIME OATS

This cold version of porridge is just as filling and comforting in the summer months.

### Ingredients

- ½ ripe banana mashed
- 1 tsp olive oil
- 1 Tbsp natural peanut butter or almond butter
- ½ cup rolled oats
- 1 tsp chia seeds
- 1 cup almond milk or coconut milk
- 1 tsp ground cinnamon
- 1 scoop Nuzest Vanilla Clean Lean Pea Protein or your favourite (optional)

### Instructions

Mix all the ingredients in a medium sized jar. Leave in the fridge overnight and enjoy in the morning with your favourite toppings. Some ideas include berries, more sliced banana, sliced apples, plain yogurt or all of the above!

*Recipe by Michelle Yandle*