



LIAM HOWELLS
PERFORMANCE NUTRITION

Tiramisu Overnight Oats



Calories: 265



Carbs: 23



Protein: 11



Fat: 2

SERVINGS: 1

PREPTIME: 6 MIN

COOKING TIME: 0 MIN

Ingredients

For the Oat Layer:

- 32 g porridge Oats
- 100 g fat free natural yoghurt
- 40 ml strong black coffee
- ¼ tsp vanilla extract
- 1 tbsp granulated sweetener

For the Top Layer:

- 50 g quark
- 50 g fat free natural yoghurt
- ¼ tsp vanilla extract
- ½ tsp chia seeds
- 1 tsp granulated sweetener

Directions

- Mix together the oats, 100g of the yoghurt, coffee, 1tbsp of the granulated sweetener and vanilla extract.
- Place this mixture in the bottom of a Kilner jar (the jar should be able to hold up to 350ml).
- In a clean bowl, mix together the remaining yoghurt, quark, vanilla extract, chia seeds and remaining granulated sweetener. Beat it well to remove any lumps.
- Pour this mixture on top of the oat mixture, close the lid and refrigerate overnight.