



High Protein Vegan Overnight Oats

SERVES: 1

PREPPING TIME: 5 MINS

COOKING TIME: 0mins

We've emphasised the 'high protein' because in our experience, vegan athletes often don't get enough protein at breakfast and it can be harder for vegan athletes to meet daily protein needs. This is a super easy, quick recipe that can be made the night before, ready to grab to eat at work, eat on your commute, or for those early morning training or big day starts.

INGREDIENTS

Overnight Oats:

- 45g Whole oats
- 170g soy yoghurt
- 120g cup almond milk
- 1-2 tsp honey or maple syrup
- Handful of berries (30g)

For the Topping:

- A few chopped walnuts (3-6 walnuts)
- Handful of berries

Nutritional Information: Kcal - 383, Carbs - 55g, Protein - 11g Fat - 12g, Fibre - 6g (total actual protein if include protein from oats is 17g)

DIRECTIONS

- 1) Add all the over night oats ingredients into a bowl, stir and cover.
- 2) In the morning remove from the fridge and add the chopped walnuts.
- 3) Top with another handful of berries.

HPD

HIGH PERFORMANCE
DIETITIAN



HOW TO PERSONALISE YOUR RECIPE

CHO portion will adjust depending on training demands.



MEAL COMPOSITION:

To complete your meal make sure you include enough protein (minimum of 20g), a carbohydrate portion size to meet your training and energy demands of your day, some healthful fats and a serving of berries or green leafy veg.

OUR SERVING SUGGESTIONS:

Top with additional handful of berries to boost your recovery during higher training loads or for recovery after big mountain days.

TIPS TO GETTING ENOUGH PROTEIN:

To top up your breakfast time protein add;

- 1 x dessert spoon of nut butter (3g protein)
- 100g high protein plant based yoghurt (5g protein)
- Half portion protein plant powder (9g protein)

WHAT'S IN IT FOR YOU?

Carbohydrate (CHO):

- Main source of carbohydrates are oats.
- Aim for 1-2 fist size portions of oats added to this recipe depending on the energy demands of your day and training session needs.

Protein (PRO):

- Main source of protein is soy yoghurt and small amount from the walnuts.
- Aim for a minimum of 20g of protein per meal.
- To top up protein as per serving suggestions above.

Fat:

- Main source of fats are walnuts.
- Aim for a minimum thumb size serving depending on your daily energy needs.

Green leafy veg or Berries:

- Aim for a good handful of berries or one serving is 80g.

HPD

HIGH PERFORMANCE
DIETITIAN