

Pre-Workout Oat & Banana Smoothie

Serves 1

- 2 tbsp. rolled oats
- 3 tbsp. hot water
- 1 banana, sliced & frozen
- 1 tbsp. flaxseed meal
- 1 tbsp. maple syrup
- 1 cup (240ml) almond milk, unsweetened

What you need to do

1. Soak the oats in the water for a few minutes until softened.
2. Then place all the ingredients in a blender and blitz until smooth. Serve immediately.



DF	V	Q	N						
				Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
				5 mins	0 mins	291	7	54	6

*Nutrition per serving

