

Peaches & Cream Overnight Oats

Creamy, sweet and gut-healing; is there a better breakfast combination?

Keep your gut healthy and strong with a scoop of **CanPrev's L-Glutamine Powder**. Add in fibre-rich oats, hemp hearts and chia seeds, and your mornings will be a smooth-sailing.

We love to batch prep these oats ahead, and have delicious ready-made breakfasts all week long.



Preparation time: 5 mins | Servings: 1



Ingredients

- ⅓ cup rolled oats
- 2 tbsp chia seeds
- 2 tbsp hemp hearts
- 1 tbsp maple syrup
- ¼ tsp vanilla extract
- 1 cup canned coconut milk
- 1 peach, diced
- 1 scoop L-Glutamine Powder

Method

1. Add all ingredients to a mason jar, and shake to combine.
2. Place in fridge and let set for at least 1 hour, or overnight.
3. Top with fresh peach and enjoy!

Featured Products



Developed by: Hilary Bajzik



Hilary is a health enthusiast, with a passion for cooking, nutrition and fitness. She loves creating recipes that anyone can enjoy, that taste as good as they make you feel.

