Overnight Oats

Ingredients:

¼ cup of heaping, Quick Cooking Oats

1-2 Tbsp., Maple Pancake Syrup

1/3 Cup, 2% Plain Greek Yogurt

2-4 fluid ounce, Water

1 Tbsp, Slivered, Almonds

Scoop heaping ¼ cup oats into measuring cup, and pour into a small individual portioned container. Add water, yogurt and maple syrup and mix thoroughly. Let the container sit in your fridge overnight. Traditionally overnight oats are consumed cold, but can be heated in the microwave if preferred. Add almonds right before consuming. These will add a nice crunch to your oats. Feel free to add any other toppings like blueberries or ground flax.

Recipe created by Ashley Quinlan, Transformations Health Coach

Cinna Vanilla Iced Coffee

Ingredients:

2 oz. cold espresso (or cold strong coffee)

1 ready made vanilla protein shake of choice

½ tsp. cinnamon

1/8 tsp. sugar free sweetener of choice

Directions: Mix together, pour over ice. It may also be blended.

Tip: Keep your leftover coffee in the coffee pot for this. You can also pour leftover coffee into ice cube trays.

Recipe taken from Janeva’s Ideal Recipes, by Janeva Eickhoff. Cookbook available at the Christie Clinic Transformations Clinic.