



www.GSDandMe.com



# Overnight Oats

**Recipe makes:**

1 portion

**Preparation time:**

2 minutes

**Chilling time:**

Overnight

Nutritional Information	Per portion
Energy	141 kcal
Protein	5.4g
Carbohydrates of which sugars	4.0g 1.1g
Total Fat	10g

## Ingredients:

10g milled flaxseed e.g. Linwoods\*  
3g porridge oats  
5g chia seeds  
5g toasted coconut flakes

75g unsweetened soya drink  
3g sugar-free syrup e.g. Walden Farms Near Zero pancake syrup\*  
5g blueberries

## Method:

1. In a bowl, mix the dry ingredients together.
2. Add in the unsweetened soya milk and syrup and mix until smooth.
3. Cover and refrigerate overnight.
4. To serve, top with blueberries.

## Dietitian's comments:

---

---

---

---

---

---

---



Scan the QR code to  
access more recipes

**Always check with your dietitian that this recipe is suitable for you.**

This recipe has been specifically designed for the dietary management of Hepatic Glycogen Storage Diseases and has been analysed using Nutrimer analysis. Refer to labels for allergen and other product information.

\*Alternative products may be available - please speak to your dietitian.



Enhancing Lives Together  
A Nestlé Health Science Company

Trademarks of Societe des Produits Nestle SA  
©2024 All rights reserved. Societe des Produits Nestle SA