



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.



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

*Nutrition per serving