



Overnight Happy Gut Jar

There are so many variations for this morning breakfast bliss, but here is my favourite combo for those too busy to stop, or who need a post workout snack. Remember to whip them up the night before (it takes no time).

INGREDIENTS

1 handful (about 10)
raspberries (frozen is good)
2 tbs chia seeds
2 tbs natural rolled oats
1 tbs diatomaceous earth
1 tbs hemp seeds
1 tbs yoghurt of choice (plain
with no additives is best. I use
coconut)
1tsp (or ½ scoop) vanilla
protein powder (clean)
1 cup milk of choice (I like
coconut)

NOTES

Supercharge Tip: Add extra yoghurt,
granola and banana

DIRECTIONS

Mix all together in a jar or container. Adjust milk quantities if need be so that it is a nice stirring consistency.

Place in fridge for a couple of hours or overnight is best

I like to take this to work for my breakfast, as I know it is full of everything I need to recover from my workout. These days coles has most of these items but you may want to browse health food stores for diatomaceous earth.

When choosing alternative milks look for the brands with the least ingredients and numbers.