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# Healthy Overnight Oats: 50 Delicious Recipes Made From Nutritious Ingredients



## Synopsis

Looking for healthy breakfast ideas that are quick to prepare AND taste amazing? Then you'll love this selection of overnight oats recipes. Whether you need to manage your cholesterol or just want to enjoy a healthier lifestyle, oats provide a host of nutritional benefits. This book features 50 delicious recipes, made from nutritious ingredients, so you can start your day the best possible way. From strawberry sundae to spiced apple, and banana cappuccino to lemon & raspberry, it includes both classic flavours and innovative ingredient combinations, that will nourish your body. Plus it includes advice about healthy ingredient selection, so you don't inadvertently sabotage your wholesome breakfast. Save time, minimise washing up and enjoy a healthy breakfast daily, with these inspiring recipes.

## Book Information

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