

TYPES OF OATS



1 Check the sugar content

Oats are nearly sugar-free, choose oatmeal that contains less than 1 gram of sugar per serving.

2 Opt for steel-cut oats or old fashioned rolled oats over instant oats

Steel-cut and old fashioned oats generally contain more fiber, so they move through your digestive system more slowly. This helps regulate blood sugar levels and keeps you fuller longer.

3 Avoid artificial ingredients

Choose plain oatmeal with oats as the only ingredient over flavored varieties, then flavor it yourself with nuts, seeds, raw honey or berries.



Tips On Eating Right Oats

BMF®
BELLA MARIE FRANCE

HEARTY BREAKFAST IN A JAR

FUEL YOUR DAY THE RIGHT WAY

Do you know overnight oats can help you lose weight and feel great? Packed with big flavours, healthy fibers and nutrients, our quick and simple overnight oats recipes make the perfect grab-and-go breakfast that keeps you on track towards better body goals!

DIY FRUITY OVERNIGHT OAT



FAT BURNER

319
kcal

Ingredients

- 1/4 cup rolled oats
- 1/4 cup milk
- 1/4 cup plain yogurt
- 1 teaspoon chia seeds
- 1 teaspoon honey
- 1/4 cup diced strawberries
- 1/4 cup sliced or diced bananas
- 1 tablespoon chopped nuts

Recipe

- 1 Add the desired amounts of milk, oats, yogurt, chia seeds and fruits to a jar or container and give them a good stir.
- 2 Refrigerate overnight or for at least 5 hours.
- 3 In the morning, add additional liquid or fruits if you'd like.



MORNING GLORY

348
kcal

Ingredients

- 1/4 cup rolled oats
- 1/4 cup milk
- 1/4 cup plain yogurt
- 1 teaspoon chia seeds
- 1 teaspoon honey
- 1/4 cup diced mango
- 1 table spoon blueberries
- 1 tablespoon chopped nuts

Recipe

- 1 Add the desired amounts of milk, oats, yogurt, chia seeds and fruits to a jar or container and give them a good stir.
- 2 Refrigerate overnight or for at least 5 hours.
- 3 In the morning, add additional liquid or fruits if you'd like.



320
kcal

Ingredients

- 1/4 cup rolled oats
- 1/4 cup milk
- 1/4 cup plain yogurt
- 1 teaspoon chia seeds
- 1 teaspoon honey
- 1 teaspoon Matcha Powder
- 1/4 cup diced green apples
- 1/4 cup diced kiwi
- 1 tablespoon chopped nuts

Recipe

- 1 Add the desired amounts of milk, oats, yogurt, chia seeds and fruits to a jar or container and give them a good stir.
- 2 Refrigerate overnight or for at least 5 hours.
- 3 In the morning, add additional liquid or fruits if you'd like.



THE GREEN ROOM

290
kcal

Ingredients

- 1/4 cup rolled oats
- 1/4 cup milk
- 1/4 cup plain yogurt
- 1 teaspoon chia seeds
- 1 teaspoon honey
- 1/4 cup diced dragon fruits
- 1/4 cup diced pineapple
- 1 tablespoon chopped nuts

Recipe

- 1 Add the desired amounts of milk, oats, yogurt, chia seeds and fruits to a jar or container and give them a good stir.
- 2 Refrigerate overnight or for at least 5 hours.
- 3 In the morning, add additional liquid or fruits if you'd like.



BELLY TRIMMER

