

# MLAS

SKIN & BODY

"WE BELIEVE IN CREATING CONFIDENCE, OUR PASSION SHOWS WITHIN YOUR SKIN."

## Banana Biscoff Overnight Oats



When pressed for time try this super simple, delicious, high protein breakfast.

### Ingredients

- 1 mashed banana
- 2 table spoons of yoghurt
- 1 cup unsweetened almond milk
- 1 cup oats
- 1 tsp chia seeds
- 30g salted caramel protein

### Glaze

- 2tsp biscoff
- 1tbs yoghurt
- 1tbs maple syrup

In a bowl mash banana, add yoghurt and milk, mix until combined then add all other ingredients, mix well and pour into a glass

To prepare the glaze, melt biscoff in the microwave for 30 seconds. Add maple syrup and stir until combined then stir in yoghurt and pour over your oats, let them set overnight and add banana and yoghurt to garnish if desired

For Vegan option use vegan protein powder and coconut yoghurt

5. Place miso paste, mirin, sugar, sesame oil and ginger in a heavy bottomed saucepan on medium heat.
6. Using a pastry brush baste the eggplants with the miso sauce, reserving some for later.
7. Bake the eggplants in the oven for 30mins until tender.
8. Remove from oven, brush on remaining glaze, sesame seeds & coriander leaves. Serve & enjoy!



DMK EFA's, our beloved supplement ♥

Consisting of:

- Omega's 3, 6, 7 and 9

*Rejuvenates skin and fights against free radicals.*

- Seabuckthorn Oil

*Rich in nutrients and relieves inflammation.*

- Coconut Oil

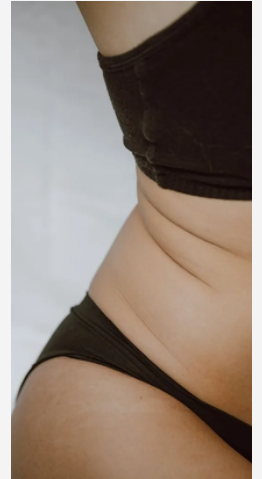
*Nourishes and protects the skin.*

- Evening Primrose Oil

*Helps relieve skin dryness and improve barrier function.*

*Create a supple and bouncy skin whilst working to build your protective acid mantle (skin barrier).*

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This is the only procedure which helps women and men build muscle and burn fat simultaneously. In addition, EMSCULPT provides the world's first non-invasive buttock toning procedure.

EMSCULPT is based on high-intensity focused electromagnetic energy. A single EMSCULPT session causes thousands of powerful muscle contractions which are extremely important in improving the tone and strength of your muscles.