

## Apple cinnamon overnight oats

Preparation time: 10 minutes

### Ingredients:

- 3 tbsp oats
- 3 tbsp apple juice or natural yoghurt
- 3 tbsp water
- ½ tbsp nuts or seeds of choice
- ½ tsp ground cinnamon
- 1 small apple, grated
- 2 tbsp. natural yoghurt to serve
- 2 tsp toasted flaked almonds (optional)

### Directions:

- Place oats, apple juice / yoghurt, water, nuts / seeds, cinnamon in a bowl or pot. Mix well and place in the fridge overnight
- In the morning, mix in the grated apple
- Serve topped with natural yoghurt and toasted almonds

We recommend preparing 2 or 3 of these together (before adding the apple). They keep well in the fridge for 2 – 3 days.

If you are trying to gain weight or want to have a more filling breakfast, add ½ tbsp tahini or nut butter to your overnight oats in the morning and stir through