



### Overnight Oats

#### Base Ingredients:

- 2 tbsp oats, use gluten free if necessary. Add additional 1 – 2 tbsp oats for bigger breakfast
- 1 tbsp chia seeds
- ½ cup milk of choice, unsweetened. Add more if needed
- Add 1 tbsp protein powder if you need additional protein – try hemp, pea or soya



Serves: 1



Prep: 10mins  
Set: Overnight  
in the fridge

For flavour and nutrition – add to base ingredients	2 tbsp stewed apple (with skin) or 1 small apple grated, 1 tsp cinnamon	2 – 3 tbsp berries, fresh or frozen and lightly cooked	1 – 2 tbsp peanut or other nut butter	frozen cherries, stewed, ½ tsp cacao powder, ½ tbsp maple syrup
Topping 1 – flavour and polyphenols	½ tbsp flaked almonds, toast for added flavour	½ tbsp toasted nuts or seeds	Cacao nibs, sliced banana	Cacao nibs and / or toasted nuts
Topping 2 – probiotics & protein	Natural yoghurt or kefir – dairy, coconut, almond, organic soya			

#### Directions:

- Place base ingredients in jam jar or other sealable container and stir well
- Leave in fridge for 4 hours or overnight
- In the morning, add toppings

To save time, prep 3 pots together and keep in fridge