



# Overnight oats

SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 6-12 HRS

*"When life gets busy, we tend to take short-cuts with our food and nutrition - these delicious little pots make not only a great breakfast option, but a great snack choice too for a pre-gym workout or after school snack.*

*What's even better is once you get used to the base recipe, you can make your own creative variations with different fruit, nuts and seeds. You can even add some cacao powder and maple syrup for a chocolate flavour or apples & cinnamon for an autumnal feel!"*

## Ingredients

- 1 cup whole organic porridge oats\*
- 1tbsp chia seeds
- 1 tbsp ground almonds
- 1 tbsp desiccated coconut
- 2 cups milk – I use almond milk, or 1 cup coconut milk and 1 cup coconut water
- Berries of your choice to top

\*I don't prioritise organic everything, but oats are really a must

## Directions

1. Put all the ingredients together in a large jar, mix and shake with the lid on so that all the dry ingredients are wet, then leave in the fridge overnight.
2. In the morning, add a little more liquid if the consistency is too solid for you, split into two jars for breakfasts on the go, and top with some fresh fruit or frozen berries (I like frozen raspberries).

That's it! This will keep in the fridge for a couple of days, so if there isn't anyone to share your second portion (or you don't want to share!) just save it for the next day and maybe top with something different for variety.