

# OVERNIGHT OATS

**SERVE: 1 | PREP TIME: 5 MINUTES | LEAVE: OVERNIGHT**

## INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup milk of choice (e.g. dairy milk, soy milk)
- 1/4 cup of plain Greek yoghurt (I recommend Chobani full fat yoghurt)
- 1 tbsp of chia seeds
- 1/4 tsp of vanilla extract
- 1 tsp of cinnamon
- 1/2 cup of fresh or frozen berries of your choice



## METHOD

1. Combine all ingredients except the berries in a container, jar or bowl of choice until well-combined. Cover and leave in the fridge for a minimum of 15 minutes to thicken up. Ideally, you would make this at night time so you can eat a ready-made breakfast in the morning
2. When you're ready to eat, top the oats with the berries and enjoy!

Tip: if you prefer warm oats, you can absolutely warm this up in the microwave for 60-90 seconds before topping with the berries.

You can also alter the fruit component of this recipe to create a range of different flavours and keep things interesting. Some other flavour combinations I love include:

- Mango and macadamia
- Apple, cinnamon and sultanas/raisins
- Fig and maple syrup
- Pineapple and coconut
- And more! The options are endless. Don't be afraid to experiment here.