



Instructions

Overnight Oats with Chia Seeds – 5 Ways

Ingredients

- ¼ cup rolled oats
- ½ Greek/Full cream yogurt
- ¼ cup of milk of your choice
- 1 tsp Chia seeds
- 2 tbsp protein powder (optional)
- 1 tbsp ground flax seeds
- ¼ tsp Ceylon cinnamon
- a teaspoon of desired sweetener

Toppings:

- 1 tbsp chopped walnuts
- 1 tbsp toasted seeds
- 1 tbsp hemp seeds, cacao nibs

- Add all ingredients into a glass jar or container.
- Stir together well.
- Place in the refrigerator overnight and enjoy the next morning with toppings of your choice.
- **Variations:**
- **Apple Pie** overnight oats: add 1 grated apple and a sprinkle of dried ginger.
- **Carrot Cake** overnight oats: add 1 small grated carrot and a sprinkle of dried ginger.
- **Blueberry** overnight oats: add ½ cup frozen blueberries.
- **Berry Jam** overnight oats: add tablespoon of raspberry and blueberry chia jam.
- **Blueberry Apple** coulis overnight oats: add a tablespoon of Blueberry apple coulis.

You can double or triple the ingredients to meal prep as they are best consumed within 3 days, otherwise the texture gets softer.

These overnight oats are full of prebiotic fibre and Omega 3 from the Chia seeds and walnuts, so good for gut health and the brain.