



Overnight Oats

Serving: 1

Veg

Ingredients

- 2 Tablespoon Oats
- Half Cup Cows Milk
- Half Apple or Pear
- 1 Teaspoon Chia seeds
- 2 Units Walnut
- Pinch of Cinnamon Powder
- 1 Teaspoon Honey or Coconut Sugar

Preparation Method

- Add all ingredients to a large bowl and mix until combined.
- Transfer the oat mixture to a Mason jar
- Refrigerate for 6-8 hours or overnight .
- Enjoy next morning