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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