



## Overnight oats Recipess

Serving: 1

Veg

### *Ingredients*

- For Base : 2 tbsp oats
- 150 ml almond milk or any milk
- 1 tbsp chia seeds
- 1 tsp honey or maple syrup
- For toppings :
- Topping 1 : Half chopped pear + pinch of cinnamon powder + Pinch of nutmeg powder
- Topping 2 : 1 apple chopped + 4 walnuts choppes + pinch of cinnamon
- Topping 3 : Few papaya cubes + 1 tbsp pumpkin seeds + 5 almonds chopped
- Topping 4 : 4 Strawberry chopped + 4 almonds choppes + 1 tbsp sunflower seeds

### *Preparation Method*

- Add all the ingredients ( mentioned as base ) into a sealable jar or bowl and give it a stir until it's all combined.
- Add all the ingredients into a sealable jar or bowl and give it a stir until it's all combined.
- Top your overnight oats with your favorite toppings and enjoy!
- NOTE : Select any 1 topping only at a time