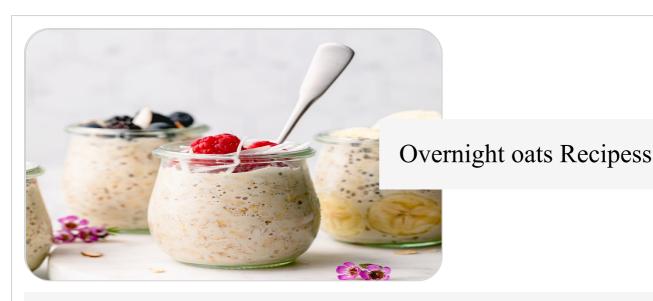


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Serving: 1 Veg

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