

RECIPE

# Overnight Oats



Preparation time: 5 minutes

Ingredients for 1 person

## Ingredients

- 1/3 cup OATS (I use old-fashioned rolled oats)
- 1 tablespoon CHIA seeds
- 1 tablespoon ground flaxseeds
- 2/3 cup PLANT MILK (I used almond no sugar added, just almonds and water if possible)
- 1 tablespoon maple syrup, honey, or molasses
- 1 tablespoon Greek yogurt (plain, no sweeteners or flavors)
- 1 tablespoon toasted sunflower seeds

## Preparation

1. Mix everything in a small glass or porcelain container or bowl.
2. Refrigerate overnight.
3. Top with chopped fruit and *nuts*.

## Tips

If you find it too thick you can add a little water or more almond milk.