



# Overnight Oat breakfast with Chia Seeds

## Ingredients

1. ½ cup rolled oats
2. ½ cup milk (dairy or dairy-free)
3. ¼ cup yogurt – Greek or plain yoghurt recommended (dairy or dairy-free)
4. 1 tablespoon chia seeds
5. 1 tablespoon maple syrup/  
Honey

## Directions

1. Add all the ingredients into a sealable jar or bowl and give it a stir until combined.
2. Let it soak in the fridge for at least 2 hours, but it's best to soak overnight for 8 hours. This will yield a creamier consistency.
3. Top your overnight oats with your favorite toppings and enjoy!

## TOPPING IDEAS

- Fresh, dried or Frozen fruit – you can add frozen fruit in before you put it in the fridge to soak overnight.
- Granola, muesli for an extra bit of crunch
- Any Nuts and Seeds
- Spices – cinnamon, nutmeg, ginger can give extra flavour.
- Yoghurts – for a bit more creaminess and flavour
- Spreads – Mixing in Jam and Peanut butter can add flavour.

## Enjoy!

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