

Blueberry overnight oats

Ingredients:

- 1 cup traditional oats
- ¼ tsp cinnamon
- 1 tbsp chia seeds
- 1/2 cup (125ml) milk
- 2/3 cup (160ml) water
- 1 tbsp honey
- 2/3 cup (90g) fresh blueberries
- 2 tsp (10g) toasted almonds



Directions:

1. Place all ingredients into a bowl (except almonds) and mix well.
2. Divide into 2 bowls or jars (jars are fantastic for brekkies on the run), cover and place in the fridge overnight.
3. In the morning, top with almonds and eat, eat, eat. If you like more liquidy mixture, add a little more milk.

Notes:

- Feel free to add a dollop of yogurt, it's lovely!
- Works with just about any fruit - strawberries, raspberries and even bananas (in fact mashed banana is wonderful to add more sweetness).
- I've used almonds but mix it up with the nuts - try some walnuts, hazelnuts or pecans.

Recipe courtesy of kidspot.co.nz