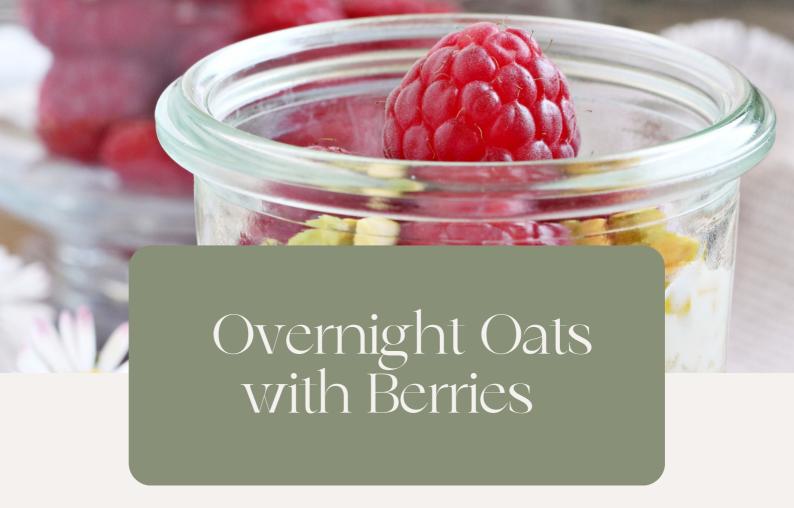




1/2 cup rolled oats1/2 cup milk of your choice1/2 tablespoon chia or flax seeds1 tbsp of sweetener of your choice (optional)

- 1. Place the rolled oats and chia seeds in a 250ml glass jar or container and stir with a spoon.
- 2. Add the sweetener of your choice (if required) and milk. Mix well.
- 3. Cover the container with a lid or wrap and place in the fridge for at least 2 hours. Overnight gives a better texture.
- 4. The next day, open the container and add your desired toppings.

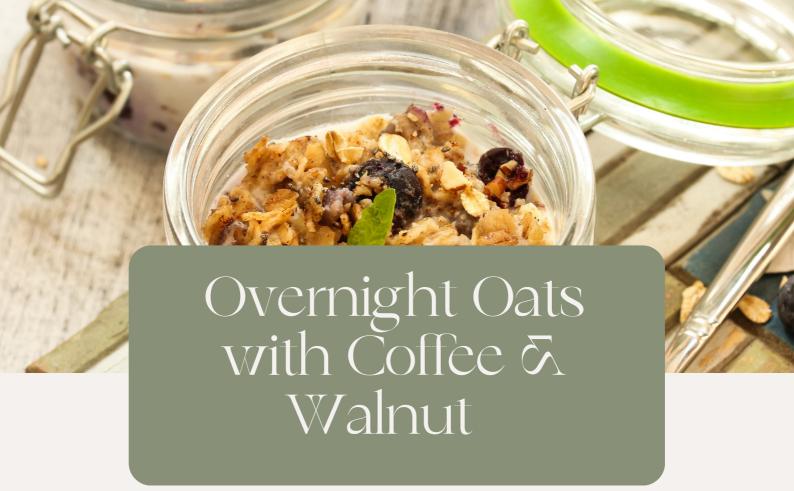




1/2 cup rolled oats1/2 cup milk of your choice1/2 tablespoon chia or flax seeds1 tsp honey or maple syrup1/2 cup berries

- 1. For this version, make sure to add honey to the base recipe the night before.
- 2. The next day, add the berries on top. If you want to eat this warm, make sure you add the berries after warming the oats.





1/2 cup rolled oats

1/2 cup milk of your choice

1/2 tablespoon chia or flax seeds

1 tbsp maple syrup

1 tsp instant coffee

5 walnuts, half

2 tbsp greek or coconut yoghurt

- 1. Add the instant coffee with the rolled. oats and chia seeds and mix well before adding the maple syrup and preferred liquid.
- 2. Instead of instant coffee, you can add a shot of espresso and a bit less milk.
- Top with greek yoghurt and walnuts the following day.





1/2 cup rolled oats

1/2 cup milk of your choice

1/2 tablespoon chia or flax seeds

2/3 tbsp cacao powder

1 tbsp maple syrup

2 tbsp coconut yoghurt

1tsp nutella

5-8 roasted hazelnuts

A few cacao nibs

- 1. Add the cacao with the rolled oats and chia seeds, and mix well, before adding the maple syrup and preferred milk.
- 2. Top with Nutella, coconut yoghurt, hazelnuts and cacao nibs the following day.





1/2 cup rolled oats

1/2 cup milk of your choice

1/2 tablespoon chia or flax seeds

2 tbsp peanut butter

A handful of peanuts or other

nuts

Fresh fruit, optional

A few raw cacao nibs

#### Directions

1. Mix the base recipe

2.Top with peanut butter, nuts and raw taco nibs the following day.

Add some fresh fruit too if you like.

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