

Overnight Oats

Ingredients

Oats 50g

MILK 100ml

DATES 1 or 2

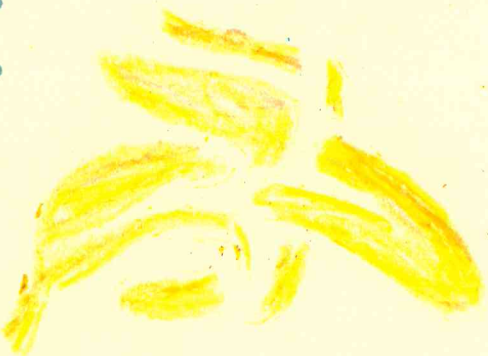
Banana 1

Chia Seed 1+sp

NUT BUTTER 1+bsp

Cinnamon $\frac{1}{4}$ +sp

Optional blueberry
small handful



Method

put oats in
a container

add milk, chop dates,
add chia seeds, dates,
& cinnamon the mix.

dress with slice banana
and nut butter of choice