

Chia Overnight Oats with Kiwi

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Water
1/2 cup Plain Coconut Milk
1 cup Oats (rolled)
2 tbsps Chia Seeds
1 tsp Cacao Powder (raw unsweetened)
1 tbsps Raw Honey
1 Kiwi (chopped)
1/4 cup Unsweetened Coconut Yogurt (optional)

NUTRITION

AMOUNT PER SERVING

Calories	304	Iron	3mg
Fat	9g	Vitamin D	25IU
Carbs	50g	Folate	22µg
Fiber	9g	Vitamin B12	1.1µg
Sugar	13g	Magnesium	106mg
Protein	8g	Zinc	2mg
Calcium	289mg	Selenium	12µg

DIRECTIONS

- 01 In a container with a tight fitting lid, add the oats and chia seeds, then add the water and coconut milk and mix well.
- 02 Add the honey and cacao powder and ground nuts or nut butter. Place the lid on the container and put it in the fridge overnight.
- 03 Divide into bowls or takeaway containers and top with kiwi and coconut yoghurt if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

SERVING SIZE

One serving is equal to half a cup of oatmeal and half of a kiwi.

MORE FLAVOR

Add cinnamon or maple syrup.

ADDITIONAL TOPPINGS

Add nuts, seeds and berries.