



OVERNIGHT STEELCUT OATS & CHIA BREAKFAST

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

1 1/2 cup steelcut oats (pinhead oats)
3 cups unsweetened almond milk (or
milk of choice)
2 tablespoon chia seeds
1 tablespoon maple syrup
Choice of fruits
A mix seeds & chopped nuts for
topping

PREP TIME

Prep time: 15mins
Setting time: overnight

METHOD

- In a large bowl or tupperware, add the oats and milk and mix.
- I like to then cook them for 2-3mins in the microwave.
- Add the chia seeds and mix well.
- You can add the maple syrup now or the next morning.
- Store in the fridge overnight.
- In the morning, portion out to bowls and top up with fruits, nuts and seeds. A spoonful of nut butter works well too.
- It can be eaten cold or warmed up.
- It will keep well in the fridge for 2-3 days.
- Be creative and play with the flavours and texture!