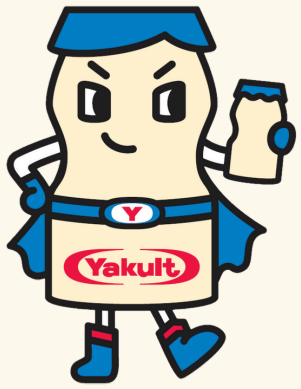
YAKULT OVERNIGHT OATS

Ingredients

- 1/3 cup rolled oats
- ¼ tsp ground cinnamon
- 1 tbsp chia seeds
- ½ cup milk of choice
- ½ cup fruits (fresh/frozen)
- 1 bottle Yakult Original/LIGHT
- Drizzle of maple syrup/honey (optional)



RECIPE

Instructions

Combine oats, cinnamon and chia seeds in a jar.

Add milk and Yakult, stir thoroughly. Add fruits (fresh/frozen) and mix, refrigerate overnight or for minimum 5 hours.

Serve with extra honey, maple syrup, fruit or nuts.