

CHERRY & CHIA OATS

Serves 1



Great to take to work or school

Also makes a healthy dessert option

- 1/3 cup rolled oats
- 1 tbsp ground chia seeds
- 1 tbsp shredded coconut
- 1/4 tsp ground cinnamon or to taste
- 1 tsp vanilla essence
- 1/2 cup coconut milk (or milk of choice)
- 1 tbsp chopped walnuts
- 1/2 cup chopped frozen cherries

Combine all ingredients except walnuts and cherries in a small container.

Mix really well then add walnuts and cherries and leave to soak overnight.

- I like to add a few extra cherries on top the next day.
- Sunflower and pumpkin seeds also work well instead of nuts