



Created By:

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OVERNIGHT OATS WITH JOYA®

Make breakfast quick & easy with overnight oats and Joya® apples!

Ingredients:

90 ml (6 tbsp) uncooked regular oats

20 ml (4 tsp) chia seeds

Large pinch of ground cinnamon

250 ml (1 cup) of any milk of your choice like cow's or almond milk,
or strong Rooibos tea

1-2 Joya® apples in the skin

Honey and extra cinnamon to serve

Method:

1. Place oats, chia seeds, cinnamon and liquid in a bowl and mix well. Slice one apple into small cubes and stir into oats mixture. Spoon mixture into two small jars, seal and refrigerate overnight.
2. Enjoy the next morning with more cubes of Joya® apple, a sprinkle of cinnamon and a drizzle of honey.

Chef's Tip:

Remember that Rooibos tea will give the oats a different colour but will add a wonderful flavour.