

Overnight Oats



FOOD FOR FIT
Tailored Nutrition for Every Body



Oats



Chia seeds



Milk



Fruit



Honey or Sugar



A low GI breakfast, that will sustain you throughout a busy day working and training.

UTENSILS

JAR + LID
SPOON
MEASURING CUP

INGREDIENTS

1/2 cup oats
1/2 cup milk
2 tbsp chia seeds
1 tsp honey or sugar (optional)

EXTRA TOPPINGS:

MUESLI
NUTS
COCONUT



Mix oats and chia seeds in jar/
serving bowl.
OPTIONAL: Add honey or sugar



Add milk to oats and mix well.



Cover well with lid or plastic wrap
and place in fridge overnight.



Mix oats well.



Serve cold with fresh cut fruit/
berries and other toppings of
choice.

"Chia seeds were cultivated as a food source as early as 3500BC. They contain all nine essential amino acids and are the richest plant source of omega-3 fatty acids."

Harvard School of Public Health,
2019



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