



# OVERNIGHT OATS WITH JOYA®

Serves 1



## INGREDIENTS:

- 5 ml (3 tbsp) uncooked oats
- pinch of cinnamon
- 10 ml (2 tsp) chia seeds
- 125 ml (½ cup) milk, strong Rooibos tea or any milk of your choice, e.g. almond milk
- 1 JOYA® Apple in the skin, sliced
- honey and extra cinnamon to serve

## METHOD:

1. Place oats, cinnamon, chia seeds and milk or tea in an airtight container and soak overnight in the fridge.
2. Enjoy the next morning with slices of JOYA® Apple, a drizzle of honey and sprinkle of cinnamon.

Chef's tip: Remember that Rooibos tea will give the oats a different colour.

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**FIRM  
SWEET  
CRUNCHY  
APPLE**

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