

GRAB 'N' GO BREKKY

Lemon Delicious Overnight Oats

YOU WILL NEED

Makes 2

- ½ cup coconut or almond milk
- 1 lemon, juice & zest
- 1 tsp vanilla extract
- ½ cup rolled oats
- 3 tsp chia seeds
- Sea salt
- 1 tbsp maple syrup or honey (optional)

Blueberries & yoghurt to serve

PROCEDURE

- Combine milk, vanilla extract, maple syrup, lemon zest and juice in a bowl.
- Mix rolled oats, chia seeds and a pinch of sea salt until well combined.
- Add to 4 ramekins or glass jars.
- Cover and refrigerate overnight.
- Top with blueberries & yoghurt. Can be reheated if you'd prefer.



HEALTHY BIT

Phytic acid in oats impairs absorption of iron, zinc, calcium & other minerals. Also blocks production of digestive enzymes. Lemon neutralises this phytic acid.

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