

# Overnight Oats with Almond Milk

4 servings

## INGREDIENTS

### Oat Base

- 2 cups / 200 g oats, rolled
- 400 g greek yoghurt
- 400 ml almond milk
- 1 vanilla bean, scraped, seeds removed
- 1 tsp / 3 g cinnamon, ground
- 1/2 tsp / 1 g cardamom, ground
- 1 tsp / 5 g sea salt
- 1/2 tsp / 30 g honey

### To serve

- Pomelo, fresh
- Honey
- Raspberries
- Mint leaves

## METHOD

1. Combine all ingredients into a mixing bowl. Stir together, ensure mix is well combined.
2. Allow to chill overnight, ready for breakfast next day.
3. On the day of serving, spoon equal size portions of the oat mixture into 4 small bowls or glasses.
4. Add pomelo segments and raspberries on top of the oat mix.
5. Drizzle honey over pomelo and raspberries. Garnish with mint.

