



Chocolate and Cherry Overnight Oats

Serves 2

(Recipe reproduced with kind permission from Healthpath Pro)

This is such a simple dish to prepare in advance to take to work. If you aren't so keen on the oats being cold, you can remove the lid and heat the jar in a microwave for a tasty and nutritious night shift energy boost. Be careful with the hot fruit!



Ingredients

1 cup Oats (rolled)
2 tbsp Cocoa Powder
½ cup Chia Seeds
250ml Unsweetened Almond Milk
1 cup Cherries (fresh and de-pipped, or frozen)

Method

Add the oats, cocoa powder, chia seeds, and almond milk together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.

Remove the oats from the fridge. Divide into containers and top with cherries. Enjoy!