



# YAKULT OVERNIGHT OATS

## INGREDIENTS

1/3 cup rolled oats  
1/4 teaspoon ground cinnamon  
1 tablespoon chia seeds  
1/2 cup milk of your choice  
1/2 cup fruit (we used frozen berries)  
1x 65ml Yakult  
Drizzle of maple syrup or honey,  
if desired

**SERVING: 1**

**PREP TIME: 5 MINUTES + 5  
HOURS REFRIGERATION**

## DIRECTIONS

Combine oats, cinnamon and chia seeds in a jar. Add milk and Yakult - stir thoroughly. Add frozen fruit and mix through. Refrigerate overnight or for minimum 5 hours.

In the morning, add additional liquid if preferred. Once desired consistency is achieved, top with extra honey, maple, fruit or nuts. Enjoy!

**Yakult**