



# BLUEBERRY & CINNAMON OVERNIGHT OATS

## Ingredients (SERVES 1)

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- ½ cup whole rolled oats
- ½ cup milk
- 2 teaspoons chia seeds
- ¼ teaspoon cinnamon
- ½ cup plain Greek yoghurt
- 1 tablespoon maple syrup
- 1 teaspoon vanilla essence
- ¼ cup fresh or frozen blueberries
- Flaked almonds, to serve
- Fresh fruit, to serve

## Instructions

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1. Place the ingredients in a jar or container and stir well.
2. Leave in the fridge overnight. Top with flaked almonds and fresh fruit before eating.
3. If you prefer a warm breakfast, you can heat these oats before eating.



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