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PREP: 55
COOK: 20
SERVES: 12

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Sugar Free Tiramisu Overnight Oats

Dessert for breakfast? Don't mind if we do. Enjoy all the rich, coffee-filled flavours of classic tiramisu in a nourishing breakfast.

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Ingredients

90g Rolled oats

3 tbsp white chia seeds

1 cup (250ml) milk of choice

1 tsp 99% Sugar Free and Alcohol-Free Vanilla Extract

5 tbsp Queen Sugar-Free Espresso Coffee Topping

200g plain Greek Yoghurt

1 tsp Unsweetened dark cocoa powder, for dusting

Method

STEP 1

First mix the oats layer buy stirring together the rolled oats, chia seeds, milk, vanilla extract and 2 tbsp Espresso Coffee Topping in a bowl until well combined.

STEP 2

Sit for 15 minutes for the chia seeds to swell, then stir and divide the mixture between 2 glasses or jars. Cover and refrigerate overnight.

STEP 3

In a small bowl combine the yoghurt and remaining tbsp Espresso Syrup and spoon over the top of the syrup layer spreading it evenly with the back of a spoon.

STEP 4

Dust with the cocoa powder and serve.

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