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PREP: 10
COOK: Overnight, to set
SERVES: 1

Tropical Overnight Oats Breakfast Bowl

Wake up to a tropical escape with this breakfast bowl. Infused with tropical mango and coconut flakes, it makes your mornings better and healthier!

Ingredients

3/4 cup (80g) gluten free rolled oats
2 1/2 tbsp chia seeds
2/3 cup milk of choice
80g Greek yoghurt
2 tbsp Tropical Mango Flavoured Topping
Fresh Mango, to serve
Toasted coconut flakes, to serve
2 tsp sunflower seeds, to serve

Method

STEP 1

Prepare the oats the night before. In a medium lidded container, combine the rolled oats, chia seeds, milk, Greek yoghurt and Tropical Mango Topping.

STEP 2

Mix until well combined then leave for 15 minutes for the chia seeds to swell, then mix again, cover and refrigerate overnight or for a minimum of 4 hours.

STEP 3

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Method

When ready to serve, spoon oat mixture into a serving bowl, top with fresh mango, toasted coconut and sunflower seeds and a drizzle of Tropical Mango Flavoured Topping.

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