



PREP: 10  
minutes  
COOK: + chilling  
SERVES: 3

## Apple Cinnamon Overnight Oats

Get a head start on breakfast with a generous bowl of Apple & Cinnamon Overnight Oats. Add a little sweetness and flavour with our sugar free syrup for a bright and cheery morning treat! Opt for coconut yoghurt and nut milk for a vegan friendly alternative.

### Ingredients

#### Oats

cup (160ml) plain Greek or Natural yogurt  
1 cup (90g) rolled oats  
1 cup (250ml) milk (dairy or plant/nut based)  
2 tbsp chia seeds  
2 tbsp flax seeds  
Pinch of salt  
2 tsp Queen Finest Madagascar Vanilla Extract  
2 tbsp Queen Sugar Free Apple Cinnamon Maple Flavoured Syrup

### Method

#### STEP 1

Combine all ingredients in a medium bowl. Spoon into a jar with a tight-fitting lid. Refrigerate for at least 4 hours or overnight.

#### STEP 2

Top with apple, almonds and ground cinnamon. Drizzle with syrup and serve.

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## Ingredients

### Toppings

1 red apple, sliced

2 tsp almonds, finely chopped

¼ tsp cinnamon

Queen Sugar Free Apple Cinnamon

Maple Flavoured Syrup

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