TAYLOR & COLLEDGE

Lemon & Chia Overnight Oats



Preparation: 10 mins
Portions: 4 Portions

Ingredients

For the oats

160 g Rolled Oats
300 ml Unsweetened almond milk (plus more if needed)
2 tbsp Taylor & Colledge Lemon Extract
30 g Chia Seeds

For the lemon yogurt

250 g Greek Yoghurt
1 tsp Taylor & Colledge Lemon Extract
20 g Maple Syrup (optional)

For the blackberry compote

400 g Blackberries (fresh or frozen)
15 g Granulated Sugar (optional)

For toppings

30 g Mixed Nuts (Chopped))
40 g Blackberries (fresh)

Utensils

Preparation

1. In a bowl or jar, combine the rolled oats, milk, lemon extract and chia seeds. Stir well to mix.Cover the mixture and refrigerate overnight (or at least 6 hours) to allow the oats and chia seeds to soften and absorb the liquid.