

Overnight Oats



This recipe will give you 4 servings. Make this at the start of the week and keep it in an airtight container in the fridge and you don't need to think about making breakfast for a few days!

- 2 cups organic oats
- ½ cup frozen strawberries
- ½ cup frozen cherries
- 1 cup frozen mango
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- 2 cups coconut milk
- 1 tbsp. honey
- 1 tbsp. chia seeds
- 1 tbsp. dried goji berries

Just place all of the ingredients into one large bowl and mix thoroughly. IF it seems dry, don't worry. As the fruit melts, the juices will soak into the seeds and the oats.

Cover this and leave overnight. Serve this as it is or with a spoonful of Greek yogurt on top.