

Spiced Pear Overnight Oats (Copy)

This recipe is a quick and easy breakfast that can easily be personalised to your own preferences. Even when you're short on time in the morning, breakfast needn't be skipped with overnight oats.. and it's so good to wake up knowing breakfast is already made. Let me know if you enjoy them in the comments below.

🕒 Preparation 5 minutes ⌚ Total 2 hours and 5 minutes 4 portions

Ingredients

or	or
90 grams of rolled oats	1 pear, diced
or	or
240mls of almond milk, unsweetened or equivalent	2 tablespoons pecans, chopped
or	or
115 grams of natural soy yoghurt or Greek Low Fat Yogurt or equivalent	1 teaspoon of ground cinnamon
or	or
2 tablespoons of chia seeds	1/4 teaspoon of ground nutmeg
or	
2 tablespoons of maple syrup	

Cooking method

1

Place all the ingredients into a large bowl and stir until well combined. Cover the bowl and place into the refrigerator for at least 2 hours, or overnight.

2

Divide the oats between 4 serving glasses or jars and top with an additional pear (optional and not included in nutritional breakdown).