






SPICED PEAR OVERNIGHT OATS

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.

-  5 minutes
-  2 hours and 5 minutes
-  4 portions

INGREDIENTS

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

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).

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (172 g)	% DRI
ENERGY	135 kcal	232 kcal	12 %
PROTEIN	3 g	5 g	11 %
CARBOHYDRATE	20 g	34 g	13 %
SUGARS	8 g	14 g	16 %
FAT	5 g	9 g	13 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	5 %
FIBER	3 g	6 g	24 %
SODIUM	38 mg	65 mg	3 %