

BERRY COCONUT CHIA OVERNIGHT OATS

RECIPE BY: GEMMA OBERHOLZER



NO GLUTEN



VEGETARIAN

DIFFICULTY: EASY

TIME: 10 MINUTES + OVERNIGHT

SERVES: 2

Chia seeds are a great source of health-promoting Omega-3's while coconut is a source of selenium, an important antioxidant that protects your cells.

METHOD

In a medium-sized mixing bowl, combine oats, chia seeds, yoghurt, milk, and coconut milk, stirring well to ensure that everything is fully combined. Add in shredded coconut and sliced strawberries, stirring a few more times before covering with plastic wrap (or transferring to a sealed container) and placing in the fridge for at least 3 hours but preferably overnight. When ready to eat, assemble parfaits by dividing oat mixture evenly between two bowls or glasses, starting with a layer of oats, followed by a layer of sliced strawberries, and topped with a final layer of oats.

INGREDIENTS

- 1 cup rolled oats
- 1/3 cup plain yoghurt
- 1 can coconut milk
- ¼ cup milk of choice
- 2 Tbsp. shredded unsweetened coconut
- 2 tsp chia seeds
- 3-4 large strawberries, sliced (or any berry or fruit of choice)
- Additional sliced strawberries or fruit for layering