QUEEN
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PREP: 10 minutes
COOK: + chilling
SERVES: 3

Apple Cinnamon Overnight Oats

Get a head start on breakfast with a generous bowl of Apple & Cinnamon Overnight Oats. Add a little sweetness and flavour with our sugar free syrup for a bright and cheery morning treat! Opt for coconut yoghurt and nut milk for a vegan friendly alternative.

Ingredients

Oats

cup (160ml) plain Greek or Natural yogurt

1 cup (90g) rolled oats

1 cup (250ml) milk (dairy or plant/nut based)

2 tbsp chia seeds

2 tbsp flax seeds

Pinch of salt

2 tsp Queen Finest Madagascar Vanilla Extract

2 tbsp Queen Sugar Free Maple Flavoured Syrup

Method

STEP 1

Combine all ingredients in a medium bowl. Spoon into a jar with a tight-fitting lid. Refrigerate for at least 4 hours or overnight.

STEP 2

Top with apple, almonds and ground cinnamon. Drizzle with syrup and serve.

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Ingredients

Toppings

1 red apple, sliced

2 tsp almonds, finely chopped

¼ tsp cinnamon

Queen Sugar Free Maple Flavoured Syrup

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