Overnight free oats bowl

Creamy, make-ahead oats that turn busy mornings into something delicious. Mix them the night before, chill, and enjoy straight from the fridge.

Prep time	Chill time	Servings
5 minutes	At least 4 hours	1

Ingredients 🥣

Ingredient	Measurement
Organic milled linseed	2 tablespoons
Organic milled hemp seeds	2 tablespoons
Organic chia seeds	2 tablespoons
Medium size apple in small pieces or grated. You can also add stewed apple instead	1 tablespoon ½ cup
Plant based milk	½ cup
Greek yogurt	¼ cup
Ceylon cinnamon	Pinch (generous pinch)

Preparation 👩‍🍳

1. Combine — Mix in a bowl or jar with lid the oats, linseed, hemp and chia seeds, add the milk and the cinnamon. Mix well and then add the yogurt.
2. Stir — Mix until everything is evenly combined and the chia, linseed and hemp seeds are distributed.
3. Chill — Cover and refrigerate for at least 4 hours, or overnight, until thick and creamy.
4. Finish — Stir before serving and add your favourite toppings and a spoon of honey (optional).

Toppings & flavour variations ✨

Variation	Try adding
Berry almond	Fresh berries, sliced almonds, and a little extra maple syrup
Apple cinnamon	Diced apple, ¼ teaspoon cinnamon, and chopped walnuts
Chocolate banana	1 teaspoon cocoa powder, sliced banana, and peanut butter
Tropical	Mango, toasted coconut, and passion fruit

Storage

Keep covered in the refrigerator for up to 3 days. Stir in a splash of milk if the oats become too thick.

Serving note 🍓

Serve chilled, or warm gently if you prefer a softer, cozy breakfast. Add toppings just before eating for the best texture.