

# OVERNIGHT OATS

## INGREDIENTS

80g *DLA Apple Cinnamon  
Filling & Topping*

60g Oatmeal

1 tbsp Chia seeds

100g Soy yogurt

100g Soy milk

## TOPPING:

80g *DLA Apple Cinnamon  
Filling & Topping*

## METHOD:

1. Put oatmeal, chia seeds, soy yogurt, soy milk, DLA Apple Cinnamon Filling & Topping 80g in a bowl and mix. Refrigerate for 2 hours to overnight.

2. Pour oatmeal mix from step 1 and DLA Apple Cinnamon Filling & Topping alternately into a glass.

Enjoy!

\*Soy yogurt can be changed to your favorite vegan yogurt or dairy yogurt.

\*Soy milk can be changed to almond milk or milk.

## FEATURED PRODUCT



Apple Cinnamon  
Filling & Topping