

# OVERNIGHT COLLAGEN OATS

*with Beauty Collagen*

1  
serving

5 mins

## INGREDIENTS



**x1** rolled oats



**x1** cup of chia seeds



**100ml** milk or **a pot** of yoghurt



Toppings of your choice



**x1** sachet of Beauty Collagen

## METHOD

1. Combine your oats and chia seeds; you can use a bowl, jar, or cup
2. Add your preferred milk or yoghurt and leave overnight in the fridge
3. The next morning, layer your Beauty Collagen sachet on top of the oats, followed by your chosen toppings
4. Enjoy!



Helps to reduce the appearance of fine lines and wrinkles • Helps to increase hair thickness and nail growth • Contains 10,000mg of Bioactive Collagen Peptides® • Contains Hyaluronic Acid



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