

The logo for 'Le Bon Baker' is centered at the top of the page. It consists of the words 'Le Bon Baker' written in a black, cursive, handwritten-style font. The text is set against a light orange circular background that has a subtle gradient.

OVERNIGHT OATS

Ingredients

1/3 cup mixed muesli or whole oats

1/4 tsp cinnamon

1 tbsp chia seeds

1/2 tbsp nut butter (e.g. peanut butter, almond butter)

1/2 cup milk (plant based or regular)

1/4 cup blueberries (or your favourite fruit)

1 tbsp maple syrup or honey

Method

In a jar or bowl, combine all of the ingredients except for the blueberries. Stir well to combine.

Add the fruit on top, however if you're using fruit that doesn't store well, like sliced apple or banana, wait to top the oats until you're ready to serve. Place the lid on the jar and refrigerate overnight, or up to 4 days. Enjoy chilled.