

Overnight Tiramisu Oats

Rating ★★★★★



Serves: 2

Prep: 15 mins (+ 5-7
hours refrigerating)

Dietary: VEG, NF, EF
Allergens: Wheat, Dairy
Age group: 12 months+
Mealtime: Breakfast
Difficulty level: Beginner

MindChamps®
early learning & preschool

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Vegetarian



Nut Free



Egg Free

Ingredients

OATS CUP

- 2/3 cup (80g) quick oats
- 2 tbsp chia seeds
- 1-2 tbsp (20-40ml) maple syrup
- 1 1/3 cups (360ml) milk of choice
- 2 tsp cacao powder

TOPPING

- ½ cup (130g) Greek yoghurt
- 1-2 tbsp (20-30ml) maple syrup
- Cacao powder, to cover the bowl
- Or melted dark chocolate (optional)

Method

1. In a small bowl, combine oats with chia seeds, maple syrup, milk and cacao. Cover and refrigerate overnight.
2. In the morning, mix yoghurt and maple syrup in a small bowl until smooth.
3. Divide overnight oats between 2 glasses and top with the yoghurt.
4. Sprinkle yoghurt with cacao powder or drizzle with melted dark chocolate.
5. Enjoy!

Storing leftovers: Store in an airtight container in the fridge for up to 3 days or freeze for up to 4 months.

Tips

- ✓ **For a dairy-free version:** Swap milk with coconut, soy, oat or almond milk and Greek yoghurt with coconut yoghurt.
- ✓ **For a gluten-free version:** Swap oats with quinoa flakes.
- ✓ **Easy ingredient swaps:** Swap cacao powder for carob powder if cacao is too bitter for your child.
- ✓ **For a baby-friendly version:** Leave out maple syrup and chocolate topping.