

Lemon & Chia Overnight Oats

Total Time: 10 mins

Portions: 4 Portions



Ingredients

For the oats

160 g Rolled Oats

300 ml Unsweetened almond milk (plus more if needed)

2 tbsp Taylor & Colledge Lemon Extract

30 g Chia Seeds

For the blackberry compote

400 g Blackberries (fresh or frozen)

15 g Granulated Sugar (optional)

For the lemon yogurt

250 g Greek Yoghurt

1 tsp Taylor & Colledge Lemon Extract

20 g Maple Syrup (optional)

For toppings

30 g Mixed Nuts (Chopped)

40 g Blackberries (fresh)

Utensils

Preparation

1. In a bowl or jar, combine the rolled oats, milk, lemon extract and chia seeds. Stir well to mix. Cover the mixture and refrigerate overnight (or at least 6 hours) to allow the oats and chia seeds to soften and absorb the liquid.
2. In a small saucepan, cook the blackberries over medium heat until they release their juices, stirring occasionally. Add sugar if desired for sweetness. Cook for 5–7 minutes until slightly thickened. Let cool completely.
3. Mix the yogurt with 1 tsp Lemon Extract. Add maple Syrup, if desired.
4. Give the overnight oats a stir in the morning, adding a splash of milk if the consistency is too thick. Layer the oats in serving glasses or bowls with the blackberry compote and the lemon yogurt. Top with blackberries and your choice of nuts for added crunch.
5. Use coconut yogurt for a dairy-free version. Add honey or maple syrup to the oats if you prefer a sweeter base.