



If you have to rush in the morning, preparing breakfast the night before is a great way to get on top of things. You can either take this with you and eat it at work, or if you can, make some time to eat it at home. Its good served with a spoonful of Greek yoghurt. Wherever you eat it – take your time to make sure you digest and absorb all the nutrients!!

Tricia's Overnight Oats

4 dessertspoons organic jumbo oats

1 dsp chia seeds

1 dsp pumpkin seeds

1 dsp sunflower seeds

1 dsp ground flax seed

½ cup water

½ cup almond/oat/coconut milk

½ cup berries (blue berries, strawberries, raspberries, cherries – fresh or frozen) Almonds or walnuts to top

Mix all ingredients together in a jam jar. Leave overnight in the fridge. Serve with Greek or coconut yoghurt and a sprinkle of chopped walnuts

Oats – fibre, beta glucans, magnesium, zinc (good for reproductive health); chia seeds- Omega 3, fibre; sunflower seeds-vitamin E; pumpkin seeds-zinc, Omega 3;flax,Vitamin B, fibre, antioxidant

 good**nutrition**first