



# Honey Booster Overnight Oats



# Honey Booster Overnight Oats Ingredients

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- 1) Annum™ Materna Plain - 3 scoops (36gm) or 1 stick pack
- 2) Almonds (toasted) - 15gm
- 3) Oats - 10gm
- 4) Chia Seeds - 5gm
- 5) Dates (pitted) - 20gm
- 6) Honey - 10gm
- 7) Lukewarm Water - 100gm



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## Directions

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Annum<sup>TM</sup>  
MATERNA

**1** Chop up the nuts and dates.

**2** In a blender, add water, Annum<sup>TM</sup> Materna, honey, dates and nuts. Blend until smooth.

**3** In a mug, pour half of the smoothie. Add in oats and chia seeds.

**4** Pour the remaining smoothie over the oats and chia seeds, and keep it in the fridge for a few hours.

