



## OVERNIGHT OATS

Makes

2

portions

Time

OVERNIGHT

Level

SIMPLE

Kcal

421

per portion

### You will need

4 x Jaffa Oranges  
1 x Banana  
2 x Dates (Pitted)  
1/4 x TSP Vanilla Extract  
2 x TBSP Chia Seeds  
128g Rolled Oats  
60ml Unsweetened Almond Milk  
Toasted Unsweetened Coconut Flakes & Almonds

USE THE HASHTAG  
**#JAFFAJJOY**

### Our step by step guide

#### Step 1

Place the rolled oats and chia seeds in a jar and set aside

#### Step 2

Juice the 4 Jaffa Oranges

#### Step 3

Combine the Jaffa Orange juice with banana, dates and vanilla extract in a blender and blend until smooth

#### Step 4

Pour the mixture over oats and stir until thoroughly combined

#### Step 5

Cover and place in the refrigerator overnight

#### Step 6

Garnish with orange segments, toasted almonds, coconut and a splash of almond milk

#### Step 7

Enjoy!

Share your #jaffajoy today



@JaffaFruit



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