

Yakult Overnight Oats



Ingredients

- ½ cup rolled oats
- 1 tbsp chia seeds
- 1 bottle Yakult
- ½ cup fresh milk
- Sliced banana
- Selection of berries: Strawberry or blueberries
- 1 tbsp nuts (almonds or walnuts)

Optional

- Honey
- Chocolate chips

Preparation

Step 1

: In a jar, combine rolled oats and chia seeds with Yakult and fresh milk. Mix well, then refrigerate for at least 5 hours or overnight.

Step 2

: Add your favourite fruits and nuts on top.

Step 3 (Optional)

: Drizzle some honey and sprinkle chocolate chips for extra sweetness.

Enjoy your delicious Yakult overnight oats!

P/S : Feel free to use any fruits you like to suit your taste.