

# Mango, berry & chia overnight oats



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Preparation 15 mins + overnight chilling | Serves 4

- 1½ cups rolled oats
- 2 tbs white chia seeds
- ¼ cup pepitas
- 1¼ cups coconut water
- 1½ cups Greek-style natural yoghurt
- 1 ripe mango, flesh chopped
- 125g raspberries, blackberries or mulberries
- 2 passionfruit, halved
- Honey, to serve

**STEP 1** Place oats, chia seeds, pepitas, coconut water and ½ cup yoghurt into an airtight container. Stir to combine. Cover and refrigerate overnight.

**STEP 2** To serve, spoon oat mixture into serving bowls (or for a take-out breakfast use screw-top jars). Top with the remaining yoghurt and sprinkle with mango and berries. Spoon over passionfruit pulp. Drizzle with honey to serve.

### Good for you... **MANGOES**

*An excellent source of vitamin C which helps the body defend itself against infection. A good source of beta carotene, which the body converts to vitamin A (important for healthy skin and eyes). The highest levels are found in mangoes with deep orange-coloured flesh.*

