

ANCHOR FEIJOA & APPLE OVERNIGHT OATS



DAIRY WOMEN'S
NETWORK
success through inspiration

Recipe by Fonterra

This is such a simple and delicious breakfast. It takes just a little prep the night before, with the oats soaking overnight in our Anchor Milk until softened. Then in the morning just top them with our Anchor Protein + Yoghurt, sprinkle over some toasted nuts and you have the perfect start to your day.

Ingredients

200g (1 cup) wholegrain oats

4 Tbsps pumpkin seeds

1½ cups Anchor Milk

1 apple, grated

4 feijoas, mashed pulp

1 Tbsp maple syrup

To serve:

Anchor Protein+ Yoghurt (we used Mixed Berry)

½ cup coconut flakes, toasted the night before

¼ cup sliced almonds, toasted the night before

Method

Overnight Oats:

1. Place all the ingredients in a bowl and mix well.
2. Cover and refrigerate overnight. (This will allow the oats to soak up all the liquid and become plump and juicy.)

To Serve:

1. Divide the oat mixture between four bowls.
2. Add a good dollop of our Anchor Protein + Yoghurt and finish with a sprinkling of toasted coconut and almonds.



Dairy for life

