

# OVERNIGHT OATS WITH APPLE & POMEGRANATE <https://www.flourishingkitchen.com>

## Recipe Ingredients

---

½ cup oats  
¾ cup almond milk  
1 tbsp chia seeds  
½ apple  
1 tbsp chopped pecans  
1 tbsp pomegranate seeds  
¼ tsp cinnamon  
1 tsp maple syrup

## You Will Need

---

Small bowl  
Sharp knife  
Tbsp

## Recipe Instructions

---

1. Put the oats into a bowl and pour over the almond milk, chia seeds and stir. Place in the fridge covered overnight.
2. In the morning take out the bowl from the fridge. Chop the apple up small. Slice the pomegranate into two and tap the seeds from one half onto the chopping board.
3. Top the overnight oats with the fruit and pecans. Pour over the maple syrup & sprinkle with a light dusting of cinnamon to serve.

If you're curious about starting a raw food diet and are looking for other breakfast recipes, checkout my [Autumn Red Berry Chia Pudding with Almond Milk](#) here.

Enjoy your Pomegranate, Apple & Pecan Overnight Oats Recipe!

...I'm off to make some tea!

**Juliette xx**

Recipe on the blog here <https://www.flourishingkitchen.com>