

HOST
OLYMPIA LONDON

RECIPE CARD



ALMOND CHIA OATS WITH FRUIT & PUMPKIN SEED VE

INGREDIENTS

200g oats
30g chia seeds
200ml almond milk
160ml apple juice
1/4 canteloupe melon
60g blueberries
20g pumpkin seeds

SERVES 4

METHOD

1. Soak oats and chia seeds in almond milk and apple juice overnight.
2. Prepare melon by cutting away skin and removing seeds, then cut into neat 1cm dice.
3. Divide soaked oats between 4 bowls (or containers if taking to work) and top with melon, blueberries and pumpkin seeds.

ONE
OF YOUR
5 A DAY

**WHOLE
GRAIN**



Per portion: Energy 1219 kJ/286 Kcal Fat 9.8g Saturates 1.2g Sugars 5.9g Salt 0.18g

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