



TOTALBALANCE

OVERNIGHT COCONUT OATS

Serves 1

Ingredients

2 tablespoons oats
1 tablespoon desiccated coconut
2 tablespoons buckwheat
1 tablespoon macadamia nuts
½ cup coconut milk
2 tablespoons coconut yoghurt
Fresh berries/fruit

Directions

Combine the oats, coconut, buckwheat and macadamias in a small jar. Pour over the milk and leave to soak overnight in the fridge.

In the morning top with the coconut yoghurt and fresh berries or your choice of fruit.