

Soaked Oats

INGREDIENTS

1. 1 Cup Oats
2. 2 Tbsp Almonds
3. 1 X Tbsp Sesame Seeds
4. 1 X Tbsp Sun Flower Seeds
5. 1 X Tbsp Pumpkin Seeds
6. Fresh berries and fruits or 6-9 Dried fruit halves (Apricots, Peaches, Pears, Mango, etc), pre soaked separately.
7. 1 Tbsp raw honey
8. 2 Tbsp fresh and raw cream
9. ± 150ml purified water

METHOD

1. Role the whole oats with a grain roller
2. Mix the seeds with the rolled oats
3. Add the water and mix evenly
4. Let it soak overnight, approximately 8 hours
5. Add the pre prepared fruit.
6. Add the cream and honey.

Freshly made organic nut milk or Kefir yogurt could be added. Kefir is our favorite.

Enjoy it &

