



SNACK
OR
BREAKFAST

ORANGE TURMERIC OVERNIGHT OATS

INGREDIENTS

- 1 orange
- 1/2 old fashioned oats
- 1/3 cup of plant milk
- 2 Tbsp chia seeds
- 1 Tbsp Tahini paste
- 1/2 tsp turmeric
- pinch of salt

PREPARATION

1. Prepare all the ingredients.
2. Cut orange in half. Squeeze the juice of one half and cut the other half in pieces.
3. Combine all the ingredients, give it a good stir and store in the fridge overnight.
4. Serve with fruit, cinnamon and seeds of your choice.