



Recipe Book

Preparation Time: **5 minutes**  
(plus overnight soaking)

# Overnight Oats with Milk

## (Hayatna Fresh Milk, Hayatna Greek Yoghurt)

### Ingredients:

- ½ cup rolled oats
- ½ cup **Hayatna Fresh Milk**
- ¼ cup **Hayatna Greek Yoghurt**
- 1 tbsp honey
- ½ cup mixed fruits  
(berries, banana, apple slices)
- 1 tbsp chia seeds (optional)



### Steps:



1. In a jar, mix rolled oats, **Hayatna Fresh Milk**, and **Hayatna Greek Yoghurt**.



2. Stir in honey and chia seeds.



3. Cover and refrigerate overnight.



4. In the morning, top with fresh fruits and enjoy.

