



Cold breakfast Oats

By: Anton Mac Donald

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Ingredients

- 250 g Oats (small flakes work better)
- 400 ml Coconut milk
- 350 ml Apple juice
- 175 ml Plain Yogurt

Method

- Mix the Coconut milk and Juice together.
- Add the uncooked Oats and mix.
- Cover and store in refrigerator over night.
- The following day add the yogurt and stir.(Oats should be thick)
- Serve with fruit salad as is.

Serve 5 portions