



Recipe

TROPICAL OVERNIGHT OATS WITH CHIA

Serves 2

Prep time: 10 minutes

Cook time: at least 8 hours

Ingredients

1/3 cup Greek yogurt

1/2 teaspoon vanilla extract

1 tablespoon maple syrup

1/2 cup oats

2/3 cup coconut or almond milk

1 tablespoon chia seed

1 kiwi fruit, chopped

1/2 cup mango, chopped

1/2 cup Seneca Snacks Apple Chips with Cinnamon, crumbled



Directions

In a medium bowl, combine yogurt, vanilla and maple syrup. Whisk to combine.

Add oats, almond milk and chia seed. Stir to thoroughly combine ingredients.

Divide mixture equally in two jars with lids. Refrigerate overnight.

Enjoy topped with kiwi fruit, mango and crumbled Seneca Apple Chips with Cinnamon.