

IRISH YOGURTS

CLONAKILTY

OVERNIGHT OATS



By Chef Eunice Power

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Method

- Tip the oats, the chia seeds into a bowl, then mix well. Stir in the kefir natural and milk. Cover and chill overnight. The mixture will thicken overnight as it soaks.
- The next morning, spoon into two glass tumblers and top with the raspberries and granola.

Chia Granola

- Preheat oven to 180c then line a baking tray with parchment paper.
- In a large bowl, whisk together the honey and melted coconut oil. To the bowl, add the oats, almonds, coconut, chia seeds and salt.

Ingredients

- 250g Irish Yogurts Clonakilty Kefir Natural
- 250g semi-skimmed milk
- 125g Blueberries
- Topping 125g raspberries
- A sprinkling of chai granola

Chia Granola

- I use a kitchen cup to measure the ingredients.
- ¼ cup honey
- ¼ cup melted coconut oil
- 2 cups jumbo oats
- 1 cup shredded coconut



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- 1 cup flaked almonds. $\frac{1}{4}$ cup chia seeds
- Large pinch of salt (I prefer to use flaky sea salt)

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