



Overnight Breakfast Jar with AB's Honey



The healthy way to prepare breakfast on the go - and adaptable to suit your taste!

PREP TIME: 5 MIN

COOK TIME: N/A

INGREDIENTS

- Thick layer of oats
- Thin layer of flax seeds
- Thin layer of hemp seeds
- Thin layer of LSA
- Thin layer of chia seeds
- Splash of milk
- Big spoonful of Greek Natural Yoghurt
- Drizzle of **AB's Manuka Honey MGO 30+** (or your favourite AB's Honey variety)
- Berries, or fruit of your choice

DIRECTIONS

1. Layer all the dry ingredients in a jar, swapping in or out to suit your preference.
2. Before adding yoghurt, add a splash of milk to check it gets all the way to the bottom.
3. Top with yoghurt, honey, and fruit.
4. Pop on the lid to seal and refrigerate overnight.



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