



Manuka Overnight Oats (4 Ways!)

EASY • 15 MINS

Overnight oats are meal-prep wonder. Simply mix everything in a bowl, chill overnight and wake up to a melding of creamy, dreamy sweet nourishing flavours.



SKILL LEVEL
Easy

PREP TIME
15 mins

SERVINGS
2

Ingredients

Base Recipe

- 2 tbsp almond butter
- 1 tbsp Capilano Active Manuka Honey, plus extra

Method

1. Combine all ingredients in a large bowl, mix well.
2. Cover and chill overnight, then add additional milk to soften.

Visit [capilano.com.au](https://www.capilano.com.au) to learn how to swap honey for sugar in your recipes.

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to serve

- ½ cup Greek-style yoghurt
- 1 ½ cups milk or nut milk, plus extra to serve
- 1 cup cooked white quinoa
- 1 cup rolled oats

Used in this recipe



Active Manuka Honey

Nature's Sweet Superfood

Made by some of the world's healthiest bees*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

Method

3. Divide into bowls and top with fruit, nuts, seeds and Active Manuka Honey to serve. Mixture will keep chilled for up to one week.
4. Pistachio Pomegranate: Top with unhulled tahini, pistachios and pomegranate arils.
5. Almond Choc Chip: Top with almond butter, chopped almonds and dark choc chips.
6. Berry Yoghurt: Top with extra yoghurt, strawberries, chia seeds & pepitas.
7. Turmeric and Coconut: Add 1 tsp turmeric and swap milk to coconut milk in base recipe. Top with mango, passionfruit and coconut flakes to serve.

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

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