

Chai Overnight Oats

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Serves 2, 4 FSP per serving

- 1 cup old fashioned rolled oats
- 1 tsp cardamom
- 1/2 tsp cinnamon
- 1/4 tsp ground ginger
- 1/4 tsp ground cloves
- 1 Tbsp brown sugar alternative (or more to taste)
- 2/3 cup almond milk

1. Mix the oats, spices and brown sugar in a medium bowl and stir to combine. Add the almond milk and stir until incorporated. Cover.
2. Refrigerate overnight