

# Masala Chai Overnight Oats



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## Ingredients:

1 Cup Rolled Oats

½ Cup Soy Milk (or preferred other Plant or Dairy milk)

1 Strong Brewed Cup of Stir Tea Masala Chai loose leaf tea

Sliced Banana (optional)

1 Tsp Honey (optional)

1 Tsp Peanut Butter (optional)



## Method:

1. Pour your Rolled Oats into your vessel of choice (we found a jar worked great).
2. Pour your milk straight into your jar on top of your oats.
3. Add your brewed tea into your jar.
4. Cover securely with a lid or plastic wrap and set in the refrigerator overnight (or for at least 6 hours).
5. In the morning, you can heat up the oats and add toppings as you wish, we suggest Banana, Honey and Peanut Butter for a good start to your day!

Our image shows the Masala Chai Overnight Oats eaten raw, not heated.

*We hope you get a lot of joy from making and sharing this Masala Chai Overnight Oats with your favourite cup of Stir Tea. Wishing you Happy Tea Times from everyone at Stir.*