

OVERNIGHT OATS WITH PRUNES



Time
20 min



Servings
4 jars

Calcium Recommended Daily Intake
40%

Calories

530

Calcium

320mg

Protein

15g

Vitamin D

19 IU

Ingredients

- 200 g Sunsweet prunes
- 2 tbsp chia seeds
- 500 g full-cream milk yoghurt (3.5% fat)
- 200 ml full-cream milk (3.5% fat)
- 5 tbsp maple syrup
- 160 g rolled oats
- 2 apples
- Some cinnamon
- 2 tbsp hazelnuts

Instructions

1. Roughly chop the prunes and mix them together with the chia seeds, yoghurt, milk, 3 tbsp maple syrup and oats. Fill the mixture into jars.
2. Cut the apples into quarters, remove the cores and cut into slices and steam them in the remaining maple syrup in a covered pan for about 3-4 minutes. Add cinnamon to taste.
3. Distribute apples over the prune and oat mixture, sprinkle with hazelnuts and allow to soak in the fridge overnight.



Find more calcium rich recipes:
<https://www.osteoporosis.foundation/patients/recipes>

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