

Serves 1

75g porridge oats

250ml almond milk  
or other milk

75g raspberries, plus  
extra to serve

1 tbsp chia seeds

1 tbsp pumpkin seeds  
maple syrup, to serve

## Raspberry and Chia

Mix the oats, milk, raspberries, chia seeds and pumpkin seeds together in a bowl and leave in the fridge overnight to soak. Eat in the morning with a few more raspberries on top and a drizzle of maple syrup.