



Strawberry Chia Oats

This recipe is perfect for making in a [Kilner® Breakfast Jar](#), make it the night before so in the morning you are ready to grab and go.

Ingredients

- 50g rolled oats
- 1 tablespoon chia seeds
- 2 tablespoons of strawberry jam
- 150ml milk
- strawberries (fresh or frozen)

Method

In a bowl combine the oats, chia seeds and milk. Stir the mixture well.

Layer the oats mixture with the jam into your Kilner® Breakfast Jar and leave in the fridge overnight.

The next day add fresh or frozen strawberries and seal the Breakfast Jar with disc and lid.

Serve and enjoy! Feel free to top up with more fresh berries, nuts or any other topping of your choice.

