

# Apricot Oats Bowl

2 portions - 20 min + overnight soaking

12 frozen apricot halves	250ml almond milk
1 tbsp brown sugar	200g vanilla yoghurt
100g oats	50g salted almond flakes, roasted
30g chia seeds	

**METHOD.** In a bowl, combine the oats, chia seeds and almond milk, and let sit overnight in the fridge. Sprinkle the brown sugar on the apricot halves and bake in the oven for 15 min on 180°C. Mix the yoghurt and overnight oats and divide it in two bowls. Top the bowls with the baked apricots and garnish with the almond flakes.

