



Breakfast made easy

KIALLA PURE ORGANICS



Banana & Honey Oats with Banoffee Topping VG

Recipe / Kialla Pure Organics

Serves: 1
 ½ cup Kialla Pure Organic Honey Banana Overnight Oats
 ½ cup milk of choice
 1 tsp maple syrup
 1 tbsp almond butter
 1 drop vanilla extract
 ¼ tsp MCT oil
 1 Medjool date, chopped
 ½ banana, sliced

1. Combine the Overnight Oats and milk. Cover and leave to soak in the fridge overnight.
2. In the morning, make the banoffee sauce by combining the maple syrup, almond butter, vanilla and MCT oil in a small bowl. Heat it slightly until all ingredients combine easily.
3. Remove the oats from fridge, stir, then drizzle sauce over oats and top with date pieces and banana slices.



Blueberry Oats with Berry Delight Topping VG

Recipe / Kialla Pure Organics

Serves: 1
 ½ cup Kialla Pure Organic Blueberry Overnight Oats
 ½ cup milk of choice
 ½ cup raspberries
 3 strawberries, halved or sliced
 1 tsp goji berries
 1 tsp chia seeds

1. Combine the Overnight Oats and milk. Cover and soak in the fridge overnight.
2. In the morning, make the raspberry "sauce". Heat half the raspberries in a bowl in the microwave or in a small saucepan on the stovetop until well softened.
3. Remove the oats from the fridge, stir, then drizzle over the raspberry sauce and top with remaining raspberries, strawberries, goji berries and chia seeds.



Cacao Oats with Cacao & Peanut Butter Topping VG

Recipe / Kialla Pure Organics

Serves: 1
 ½ cup Kialla Pure Organic Cacao Overnight Oats
 ½ cup milk of choice
 1 tbsp dark chocolate chips
 1 tsp cacao nibs
 1 tbsp peanut butter
 1 tsp maple syrup

1. Combine the Overnight Oats and milk. Cover and soak in the fridge overnight.
2. In the morning, remove the oats from the fridge, stir and add in the chocolate chips, cacao nibs and peanut butter.
3. Drizzle the maple syrup on top to serve.



Kialla Pure Organics Overnight Oats are made with Kialla's award-winning organic oats and added superfoods for the perfect healthy breakfast. Soaking overnight provides a creamy texture and taste, and also ensures essential vitamins and nutrients are easily absorbed by the body. Available at select Woolworths and your local organic shop.

For more information visit kiallafoods.com.au