

Raspberry chia overnight oats

(Serves 4)

Promote 3-indolepropionic acid (IPA) production with this recipe rich in ellagic acid.



Ingredients:

- 1 ½ cups rolled oats
- ⅓ cup chia seeds
- 200g raspberries (fresh or frozen)
- 2 ¼ cups milk of your choice
- 1 tbsp honey

Method:

- Combine oats and chia seeds in a bowl.
- Add raspberries, milk and honey and stir to combine.
- Cover the bowl and place in the fridge overnight to soak.
- Divide into 4 separate serves.
- Top with chopped walnuts and a sprinkle of cinnamon.