

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:

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