

Chai Spiced Overnight Oats

From the Teas.co.uk wiki

Chai spiced overnight oats are the make-ahead breakfast to set up the night before. A bag of Twinings Dark Chai is steeped into warm milk, then poured over rolled oats with yogurt, a little brown sugar, cinnamon, ginger and sultanas. Sealed in a jar overnight, it swells into a creamy, gently spiced morning pot with no cooking at all.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Chai Spiced Overnight Oats recipe. Canonical: <https://teas.co.uk/recipes/chai-tea/chai-spiced-overnight-oats/>*

Eat it straight from the jar, or tip it into a bowl with sliced banana and a few toasted flaked almonds for crunch. It keeps for two days, so it is worth making a couple at once.

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