Chai Overnight Oats

From the teas.co.uk wiki

Overnight oats are the easiest breakfast going, and a strong cup of chai is a clever way to get real spice into them without opening a cupboard of cinnamon and cardamom. You brew the chai right down, stir it through the oats with milk and yogurt, and leave it overnight to soften and take on the flavour.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Chai Overnight Oats recipe. Canonical: https://teas.co.uk/recipes/chai-tea/chai-overnight-oats/*

By morning the oats are thick and gently spiced, ready to top with banana and almonds. It keeps for a day or two in the fridge, so it is worth making a couple of jars at once.

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