



Oatmeal with Yogourt

Ingredients:

- 1/3 cup **Khaas Yogourt**
- 1/2 cup (heaping) rolled oats
- 1/3 cup unsweetened milk
- 1 tbsp chia seeds
- 1/2 tsp orange blossom
- 2 tbsp pistachio slivers
- 1/2 tsp cardamom powder
- 4 Mejdoul dates, finely chopped
- A pinch of salt
- 2 tbsp date syrup or maple syrup

Directions:

Whisk together all ingredients with **Khaas Yogourt** in a medium-sized mixing bowl.

Spoon into a jar with a tight-fitting lid.

Refrigerate for at least 4 hours, but preferably overnight before eating.