

OUR RECIPE

Overnight Breakfast Oats

INGREDIENTS

40g porridge oats
200g fat free natural yoghurt
Mixed blueberries,
strawberries and
raspberries
(Flaked almonds optional)

METHOD



1. Layer the porridge, yoghurt and fruit in a jar or bowl. Cover and put in the refrigerator overnight so the porridge absorbs all of the yoghurt.
2. In the morning stir so all the layers are mixed together and top with more fruit (and flaked almonds are optional).