

OUR RECIPE

Overnight Breakfast Oats

Serves 1

INGREDIENTS

40g porridge oats
200g fat free natural yoghurt
Mixed blueberries,
strawberries and raspberries



Use a lidded jar so you can take this delicious breakfast to work.

METHOD

1. Layer the porridge, yoghurt and fruit in a jar or bowl.
2. Cover and put in the refrigerator overnight so the porridge absorbs all of the yoghurt.
3. In the morning stir so all the layers are mixed together.
4. Top with more fruit.

Serving Suggestion - sprinkle with flaked almonds to finish.