



## Ingredients

45g porridge oats  
150ml low fat milk (1.5% fat)  
45g Greek-style natural yoghurt (3% fat)  
45g mixed berries (fresh or frozen)  
or preferred chopped fruit, such  
as banana, apple or pineapple

## Method

Mix all the ingredients in a bowl or Tupperware container, reserving a little berries or fruit for decoration. Cover with Cling film or a lid.

Chill for at least 3 hours or overnight is best to soften the oats before eating. Give the oat mixture a good stir and transfer to a bowl, then scatter over the reserved berries or fruit to serve.

\* Suitable for vegetarians