



Overnight Oats

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021

Serves 1 (contains approximately
200 kcal)



Ingredients

30g porridge oats
100ml low fat milk (1.5% fat)
30g Greek-style natural yoghurt (3% fat)
30g 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