

Overnight oats

Adapt this recipe for easy overnight oats to suit your tastes. You can add dried fruit, seeds and nuts, grated apple or pear, or chopped tropical fruits

Nutrition per Serving

Kcal 348
Fat 11g
Saturates 2g
Carbs 46g
Sugars 13g
Fibre 6g
Protein 13g
Salt 0.66g

Ingredients

- ¼ tsp ground cinammon
- 50g rolled porridge oats
- 2 tbsp natural yogurt
- 50g mixed berries
- drizzle of honey
- ½ tbsp nut butter (we used almond)

Method

1. The night before serving, stir the cinnamon and 100ml water (or milk) into your oats with a pinch of salt.
 2. The next day, loosen with a little more water (or milk) if needed. Top with the yogurt, berries, a drizzle of honey and the nut butter.
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