

Simple. Recipes

Serves **1** Overnight Oats

Ingredients

50g oats
120mls milk
65g Natural yoghurt
1 apple, grated (optional)
80g frozen mixed berries
2 tbsp. nuts, roughly chopped
(e.g. almonds, mixed nuts etc.)

Oats are a wholegrain so they release their energy into the body slowly, so along with their fibre content they will keep you fuller for longer and reduce the urge to snack.

TIP: You can just multiply the recipe by the number of people you want to feed for a quick family recipe.

Method

- 1 Measure out the oats, milk, yoghurt and apple (if using) into a bowl and stir together.
- 2 Measure the frozen berries out and leave in the fridge overnight, next to the oats bowl.
- 3 In the morning, top your oats mixture with the fruits (you can use as a topping or mix together) and top with the chopped nuts.
- 4 Enjoy!

TIP: This is a basic overnight oats recipe, but you can adapt to make it how you like it or have variety.
You can use fresh fruit like banana or other frozen fruits; add spices like cinnamon, ginger, and nutmeg.
Try carrot cake overnight oats by adding 80g grated carrot instead of the apple, along with a pinch of cinnamon and 30g raisins, leave overnight.
Top with the nuts and enjoy.