

# Overnight Oats



## Greek Berry

Serves 1

### Equipment:

Screw top jar, measuring jug, scales, dessert spoon, teaspoon

### Ingredients:

35g porridge oats

100g frozen mixed berries

60ml skimmed milk

60g fat free natural Greek yogurt

1tsp honey

### Method:

1. Layer all the ingredients in a small jar finishing with a layer of raspberries.
2. In the morning, stir to combine the ingredients and enjoy.

- Ideal in a seal top jar to take to work for breakfast
- Use any fruit in season, frozen or tinned in natural

## Banana Honey

Serves 1

### Ingredients:

35g porridge oats

100ml skimmed milk

1/2 tsp vanilla extract

1tsp honey

1 sliced banana

### Method:

1. Combine all the ingredients apart from the banana in the jar.
2. Give it a good shake, cover and put in the fridge overnight.
3. In the morning, top with the banana and enjoy.

