

Overnight Oats



Serves 1



5 minutes prep, soak overnight



Summer



Blueberries, Strawberries, Stonefruit, Honey

INGREDIENTS:

- 1/3 cup rolled oats
- 1/3 cup plain Greek yoghurt
- 1/3 cup milk or milk alternative choice (soy, almond, oat etc.)
- 1 tablespoon chia seeds (optional)
- ¼ teaspoon vanilla extract (optional)
- 1 teaspoon honey

TOPPING OPTIONS:

Blueberry, Almond and Cocoa

- 1 cup blueberries
- 6 roughly chopped dry roasted almonds
- 1 teaspoon cocoa powder (optional)

Stonefruit, Peanut Butter & Cinnamon

- 1 medium piece of stonefruit, diced
- 1 tsp cinnamon
- 1 heaped tsp peanut butter

Strawberry & Coconut

- 1 cup strawberries, roughly chopped
- 1 heaped tbsp coconut shavings or flakes

METHOD:

1. Place all ingredients into a bowl together and mix well. If you want to save time this recipe can be batched into four serves.
2. Pour into a jar or container and leave overnight in the fridge.
3. The next morning - add one of the delicious toppings suggested or create your own favourite fruit version based on what's in season at the time.

TIPS:

- *You can take this with you as a quick, easy and healthy on-the-go breakfast option.*
- *Oats are a cost effective, highly nutritious whole grain option - they provide you with protein and fibre which help keep you feeling fuller for longer!*
- *Chia seeds are also a great source of protein and fibre but the bonus is that they are a plant-based source of healthy omega-3 fats.*
- *This recipe is versatile and can be used across all the seasons - figs, stewed apple, roasted rhubarb are all just a few other great topping options.*
- *You can also heat this recipe up and serve warm as more of a porridge style breakfast in winter.*

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