



OVERNIGHT OATS

Ingredients

- 50g rolled oats (gluten free where possible)
- 100ml whole milk
- 1/4 tsp ground cinnamon
- 2 tbsp natural yoghurt
- 50g mixed berries
- drizzle of honey
- 1/2 tbsp nut butter (peanut, almond, cashew)

Method

- 1) The night before, stir the cinnamon & 100ml milk into your oats with a pinch of salt
- 2) The next day, loosen with a bit of milk. top with yoghurt, berries, a drizzle of honey & nut butter