


# Overnight Fruit & Seed Oats

 1 serving      319 Kcal / serving

## Ingredients

- 40g - **Porridge oats**
- 40g - **Natural yoghurt**
- 50g - **Mixed berries (fresh or frozen) or preferred chopped fruit, such as banana, apple or pineapple**
- 2 teaspoons (10g) - **Chia seeds**
- 100ml - **Low fat milk (1.5% fat)**



## The Method

Mix all the ingredients in a bowl or Tupperware container, reserving a little berries or fruit for decoration. Cover with clingfilm or a lid. Chill for at least 3 hours or overnight is best to soften the oats before eating.

Give the oat mixture a good stir and transfer to a bowl, then scatter over the reserved berries or fruit to serve.

 Suitable for vegetarians