

Overnight oats

Serves 2-3

Keep in the fridge for 3-4 days



Ingredients

- 200ml oats
- 100ml milk
- 200ml plain Greek yogurt (or plain)
- 4 handfuls frozen berries
- 2 tbsp seeds such as pumpkin, sunflower, hemp etc.

Method

Mix the oats, milk, yogurt and berries in a bowl and portion into two containers with lids. Cover and put in the fridge overnight. Add a tablespoon of seeds just before eating.