



# BERRY OVERNIGHT OATS



Mornings can be such a rush! Beat the clock by preparing your breakfast the night before with this delicious recipe!

## INGREDIENTS

- ½ cup Oats
- 1 tablespoon Chia seeds (optional)
- ½ cup milk of your choice
- ½ cup Greek yoghurt
- Fruit - strawberries, blueberries, raspberries (anything you love!)
- Nut butter of your choice

## METHOD

- Start by combining rolled oats with your favourite milk, chia seeds and Greek yoghurt in a mason jar or a resealable container.
- Add a few blueberries and nut butter and mix to combine.
- Seal up the container and park it in the fridge overnight.
- The next morning, you can heat the glass jar up in the microwave for a hot breakfast or enjoy your overnight oats cold straight from the fridge.
- You can add more milk if you'd like.
- Add the rest of berries as toppings and enjoy!