



Peanut Butter & Berry Overnight Oats (Serves 4)

Overnight oats are an easy and healthy breakfast that can be prepped the night before, making them perfect for busy mornings. The frozen berries work especially well as when they thaw the oats soak up the juices.

Ingredients

- 200g oats
- 400ml milk or water
- 150g frozen berries
- 2 tsp honey or syrup
- 2 tbsp nut butter
- 3 tbsp low fat yogurt

TOP TIP:
Overnight oats will typically keep in the fridge for up to four days so double up the recipe to have a few breakfasts prepped ahead of time.

Method

1. Mix oats, milk, berries and peanut butter together and leave in the fridge overnight
2. The following day mix yogurt into oats. If needed add a splash of extra milk or water to loosen the mixture up
3. Divide into 4 and drizzle with honey

Nutrition

Oats are a healthy breakfast option as they are rich in fibre and contribute to our daily intake of B-vitamins, phosphorus and magnesium. They provide a slow release of energy which can help us to keep full for longer. Oats have also been linked to good heart health due to the soluble fibre found in oats known as beta-glucan, which can help reduce LDL (bad) cholesterol in our gut.

Other tasty options:

Apple and Cinnamon
Frozen mango, pineapple and shredded coconut
Walnuts, sunflower seeds and linseeds

Nutrition per portion - 237g

Energy	Fat	Saturates	Sugars	Salt	Protein	Carbs	Fibre
346kcal	11.4g	3.3g	11.1g	0.3g	13.9g	43.8g	5.6g
17%	16%	17%	12%	4%	28%	17%	-

% of an adult's reference intake

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