

18th December 2020



HEALTHY BREAKFAST POT

PREPARATION TIME:

Overnight

COOKING TIME:

No Cooking Required

SERVES:

1

Overnight oats are perfect as a grab-and-go healthy breakfast pot. With wholegrain from the oats and a portion of fruit and dairy, this is a balanced, nutritious brekkie.

METHOD

Place the oats and seeds in a jar and add the fresh or frozen berries. (Frozen berries will defrost in the fridge overnight.) Sprinkle with cinnamon and top with the yoghurt. Stir well and put the lid on the jar.

Grab and go, or leave in the fridge overnight for a healthy start to the next day.

INGREDIENTS

- 3 tbsp porridge oats
- 2 tsp pumpkin seeds
- 3 tbsp berries (fresh or frozen)
- pinch ground cinnamon
- 3 tbsp Greek-style yoghurt