

Easy overnight oats

Ingredients

Serves 1

- 3 tablespoons (40g) porridge oats
- 1 piece of fruit or handful of dried fruit
- Dash of skimmed milk or dairy-alternative
- 3 tablespoons (125g) low-fat plain or Greek yoghurt
- Any additional fruits/nuts for toppings

Method

1. Pour roughly 3-4 tablespoons of oats into a container.
2. Add 4-5 tablespoons of fruit.
3. Then add 4 tablespoons of yoghurt.
4. Add a dash of milk and give it a good mix.
5. Leave in the fridge overnight and eat the next morning.

Beezee top tip:

You can increase the quantities of this recipe and batch cook your breakfasts for the week!

