

# Overnight Oats

*Serve the next morning with additional toppings of your choice i.e. berries, nuts and enjoy*

**Prep time:** 5 min

**Serves:** 3 - 4



## INGREDIENTS

### Oats

1 cup oats, uncooked

Pinch of salt

4 tbsp chia seeds

500 ml (2 cups) full-cream milk

250 ml (1 cup) plain full-cream yoghurt

2 tbsp honey

### For serving

1 cup fresh mixed berries (strawberries, raspberries, and blueberries)



## METHOD

1. In a bowl mix the oats, salt, and chia seeds together.
2. In separate bowl combine the milk, yogurt, and honey together. Whisk well till they are well combined.
3. Pour the whisked milk and yogurt into the oats and whisk well then pour into a container that can be sealed.
4. Refrigerate the oats overnight for at least 12 hours.
5. Serve the next day and enjoy with some fresh berries.



## Nutrition Facts

Serving size: 300 g

Energy (kJ)	1602
Protein (g)	15
Total Carbohydrates (g)	42
Fat (g)	15
Fibre (g)	7
Calcium (mg)	444



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