

Friday - Breakfast

Summer Fruit Overnight Oats



Methods

1. Split the oats between 4 containers.
2. Split the yoghurt and put it on top of the oats.
3. Add the frozen fruit on top.
4. Pop in the fridge overnight.
5. In the morning stir and serve.

Ingredients

- 120g oats
- 500ml yoghurt
- 200g frozen berries