

# Overnight Oats with Berries and Honey



| Serves   | Prep Time | Cooking | Total Time | Calories |
|----------|-----------|---------|------------|----------|
| 1 person |           |         |            | 282 kcal |

## Stuff that's in it:

- 1 Tsp Runny Honey
- 100G 0% Fat Greek Yoghurt
- 50G Rolled Oats
- 40G Frozen Mixed Berry
- 20Ml Skimmed Mik

## What you do:

In a bowl add the milk, oats and yoghurt and mix well. Add the berries on top, cover and pop into the fridge over night.

In the morning drizzle with honey and loosen with a dash of water if you like and eat right away.

## Nutrition

- Carbs: 41g
- Fat: 4g
- Protein: 18g

