



# Overnight oats

Prep: 15 minutes • Cook: 10 minutes • Serves: 2



## Ingredients

50g porridge oats  
2 apples, coarsely grated  
¼ teaspoon cinnamon  
¼ teaspoon ground nutmeg  
200g 0% fat Greek yoghurt or fat-free plain yoghurt  
100ml skimmed milk  
100g blueberries

- 1** (Optional) Preheat the oven to 150°C/ 130°C fan/ gas mark 2. Weigh out 5g of the porridge oats and spread them onto a baking tray.
- 2** (Optional) Bake the 5g oats for 5-10 minutes until golden brown, then remove and turn the oven off. Once cool, place in an air-tight container until needed.
- 3** In a bowl, mix together the remaining oats, grated apple and spices, then stir in the yoghurt and milk. Cover the bowl and chill in the fridge for several hours or overnight.
- 4** Spoon into two bowls and top with the blueberries and toasted oats (if using).

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Low fat (less than 3g/100g) ✓  
Carbohydrate **41g**  
Low protein ✓  
Low salt ✓  
Cost per portion (July 2022) **£1.92**  
Energy in kcals **227**