

Overnight Oats

THIS RECIPE IS BROUGHT TO YOU BY
Aussie Belles Goalball Team

SERVES 1

Ingredients

- 1/3 cup Rolled Oats (30g)
- 1/2 cup skim milk
- 100g plain Chobani yoghurt
- 1 tsp honey
- 1 tsp black chia seeds (10g)
- 1 cup frozen berries
- Pinch of cinnamon
- Pinch of nutmeg
- Pinch of powdered ginger

Method

Mix it all up in a bowl - 1

Cover and leave in the fridge overnight - 2

Enjoy - 3

