



# BREAKFAST!

## OVERNIGHT OATS

### WHAT YOU NEED

- 1 cup porridge oats
- 1 cup of milk
- 1/4 teaspoon salt
- 1 cup of natural Greek yogurt
- 1 apple
- 1 tablespoon chopped nuts
- 1 tablespoon raisins



### HOW TO MAKE IT

Mix the oats, milk and salt together in a bowl and put in the fridge overnight.

In the morning mix in the yogurt, grate the apple and mix it into oats and yogurt with the nuts, and raisins.

Add your toppings! Any fruit, dried fruit, nuts or berries are delicious.

### TIP 😊

This will be too much for one breakfast, but you can keep the rest in the fridge for breakfast for the next few days. The muesli will last 5 days in the fridge.

