

## Apple and Raspberry Overnight Oats

**Serves:** 4

**Prep time:** 10 minutes + chill overnight

**Cook time:** 0 minutes



1 serve per portion

### Ingredients

2 apples, grated

2 cups frozen raspberries

2 cups rolled oats

½ cup slivered almonds

2 tablespoons chia seeds (optional)

2 ½ cups reduced fat milk

2 tablespoons maple syrup or honey

Cinnamon to taste

### Method

COMBINE all ingredients in a bowl or container, cover and refrigerate overnight.

SERVE chilled for breakfast.



Everyday Food

*Recipe courtesy of the Country Kitchens team*