

Apple and Raspberry Overnight Oats

Serves: 4

Prep time: 10 minutes

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, cover and place in the fridge overnight.

SERVE chilled for breakfast.



Everyday Food

Recipe courtesy of the Country Kitchens team