



### CHIA BERRY OVERNIGHT OATS

Pop this in the fridge the night before, and you'll have a quick, nutritious brekkie ready to go in the morning

🕒 10 minutes

🍴 1 portion

## INGREDIENTS

- 1/4 cup of rolled Oats (30 g)
- 2 tbsp of chia seeds,
- 125 grams of strawberries, hulled and roughly mashed
- 1/2 cup of low fat milk, (124 g)
- 1/2 tbsp of honey (11 g)
- 2 tbsp of greek yoghurt,
- 60 grams of blueberries, raw
- 1 tsp of pistachio nuts, smashed

## COOKING METHOD

- 1° Combine oats, chia seeds, strawberries, milk and honey in a bowl and stir until well combined. Cover with plastic wrap and refrigerate overnight.
- 2° Place in serving bowl and top with yoghurt, blueberries and pistachios to serve.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (412 g)	% DRI
ENERGY	87 kcal	359 kcal	18 %
FAT	2 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	6 %
CHOLESTEROL	1 mg	5 mg	2 %
SODIUM	21 mg	88 mg	4 %
CARBOHYDRATE	14 g	57 g	19 %
SUGARS	7 g	29 g	—
FIBER	2 g	8 g	31 %
PROTEIN	4 g	16 g	—