



Overnight oats for Athletes

Adapt this recipe for easy overnight oats to suit your tastes. You can add dried fruit, seeds and nuts, grated apple or pear, or chopped tropical fruits - the perfect healthy breakfast.

Serves: 1, Prep time: 00:10, Cook time: -

Instructions

Method

1. The night before serving, stir the cinnamon and 100ml water (or milk) into your oats with a pinch of salt.
2. The next day, loosen with a little more water (or milk) if needed. Top with the yogurt, berries, a drizzle of honey and the nut butter.

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Ingredients

- 0.25 teaspoon Cinnamon, Gorund
- 50 grams Oats, rolled, raw, Porridge oats (2 oz)
- 2 tablespoon Yoghurt, Greek style, full-fat
- 50 grams Berries, Mixed (2 oz)
- 1 teaspoon Honey
- 0.5 tablespoon Butter, Almond