

INGREDIENTS Tick

- 100g** mixed berries
- 30g** porridge oats
- 100ml** of semi skimmed milk
- 1** teaspoon of honey

Ingredients



SERVES 1



Calories: 208

Fat: 3.6g

Carbs: 38.4g

Protein: 5.5g

To guide you through some of the recipes videos are available online at:

www.loafcatering.com/video



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Overnight Oats



RECIPE

METHOD: Overnight Oats

STEP 1

Place 100g of mixed berries into a glass



STEP 2

Put the oats on top of the berries



STEP 3

Cover with semi skimmed milk, cover & place in the fridge overnight



STEP 4

Top with honey & enjoy your breakfast!

