

Overnight Oats



Ingredients - serves 4

- 200g oats
- 500ml cow's milk or coconut, almond or soya milk (you can use orange/apple juice also, but it will be sweeter)
- 3 tbsp raisins, currants or any dried fruit
- 3 tbsp mixed seeds or chopped nuts (optional)
- 2 tbsp desiccated coconut (optional)
- Squeeze of fresh lemon juice

Method

Mix all the ingredients together in a large bowl.

Cover with cling film and refrigerate overnight.

In the morning, transfer the oats to individual bowls and top with fresh fruit and dollop of yoghurt.