

Quick & Easy

Overnight Oats Recipe

Serves 1

Prep 5mins

Chill Overnight

INGREDIENTS

1 pot (150g) Rowan Glen Greek Style Natural Yogurt

100ml milk (dairy or non-dairy)

50g whole rolled oats
(Avoid steel-cut or quick oats)

1 tbsp chia seeds

1 tsp honey (or maple syrup)

A Handful of Raspberries (Optional)

METHOD

Mix together your Rowan Glen yogurt, milk, oats, chia seeds and honey. In a 300ml sealable jar (like a mason jar)

Got fruit? Mix your oats in a sperate container, then Mash a handful of raspberries into the bottom of a clean 300ml jar. Pour your mixture over the fruit.

Seal the lid and pop it in the fridge. You're halfway there already.

Chill overnight (or for at least 4 hours).

In the morning, add toppings of your choice – more fresh fruit, a drizzle of honey, maybe a handful of granola.

Fancy a Flavour Twist?

Overnight oats are like a blank canvas, so go wild with it. A dash of vanilla, a swirl of nut butter, a sprinkle of cocoa powder, or a spoonful of fruit compote can turn the same base into something completely new.

We'd love to see what you make. Tag us @RowanGlen on Instagram or Facebook and show us your oaty masterpieces.

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