



## Overnight Oats with Almonds, Berries, and Nutella®

Others | Breakfast | All year round



**Serves: 2**

### Ingredients

- 50g rolled oats
- 1 apple, grated including the skin
- 1 overripe banana, peeled and mashed
- 150g mixed berries
- 100ml milk
- 100g 0% fat Greek yoghurt
- 10g toasted almonds, with skin on
- 30g Nutella (15g/ one heaped teaspoon per portion)

### PREPARATION

1. In a bowl mix together the oats, apple, mashed banana and 100g mixed berries. Stir in the milk and Greek yoghurt.
2. Spoon the oat mixture into each upcycled jar, cover and place in the fridge overnight.

### TO SERVE

3. Remove the cover and top each portion with one heaped teaspoon (15g of Nutella) per jar and sprinkle with the remaining berries and toasted almonds.