

Bircher Overnight Oats



Serves

Prep Time

Cooking

Total Time

Calories

1 person**360 kcal**

Stuff that's in it:

- 10G Raisins
- 50G Rolled Oats
- 5G Chia Seeds
- 10G Whole Dried Cranberries
- 100G Fat Free Face Greek Yoghurt
- ½ Pink Lady Apple Grated
- Dash Of Skimmed Milk

What you do:

Add everything to a bowl, mix well and bung in the fridge over night, the next day grab and go! You can loosen with a little more water or milk for a smoother consistency.

Nutrition

- Carbs: 56g
- Fat: 6g
- Protein: 18g

