



Christmas Spiced Overnight Oats

Ingredients (makes 1 portion)

- 40g rolled oats
- 1 tsp peanut butter (optional)
- 15 g mixed dried fruit
- 15 g dried cranberries
- 1/3 tsp mixed spice
- 130 ml milk (animal or plant)
- 60g of berries, e.g raspberries and blueberries

Method

- 1) Add the oats, nut butter (optional), dried fruit and mixed spice into a jar or bowl
- 2) Give it a good stir to combine all of the ingredients
- 3) Pour over the milk, cover and leave in the fridge overnight.
- 4) In the morning, top with the raspberries and strawberries.