

Purition Overnight Oats Recipe

Serves 1-2

What you'll need:

Main ingredients	Fresh/ frozen	Store cupboard
<ul style="list-style-type: none">40g of any Purition Wholefood Nutrition	<ul style="list-style-type: none">150ml your preferred milk (we used oat for a little additional sweetness)	<ul style="list-style-type: none">40g oats

Method:

1. Mix all 3 ingredients in a jar, or your preferred serving container
2. Cover and refrigerate overnight or for a minimum of 4 hours
3. Top with a dollop of yoghurt and some berries. Enjoy!

