



Valentine's Overnight Oats

Duration: 20 Min.

Portions

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Ingredients

2 tbsp Ballybrado Organic Jumbo Oat Flakes

Vanilla essence

3 tbsp yogurt

2 tsp honey

Approx. 5 strawberries

To decorate: chopped pistachios/almonds/cocoa nibs

Method

1. Fill 2 tbsp of Ballybrado Organic Jumbo Oat Flakes into a jar
2. Sprinkle vanilla essence over oat flakes
3. Fill 1 tbsp of yogurt over oats, add some honey.
4. Add chopped strawberries over yogurt
5. Alternate between yogurt, honey and chopped strawberries, finishing with some sliced or chopped strawberries on top.
6. Add chopped pistachios, almonds or cocoa nibs to decorate.
7. Place lid on jar, place jar in fridge and look forward to an amazing breakfast in the morning!

Tip: if you prefer raspberries or red currants, these also work well. Frozen fruits are also good, these thaw overnight in the jar.