OVERNIGHT OATS

New Zealanders don’t get enough fibre yet it is vital for heart health, preventing and managing diabetes and keeping our gut healthy. This easy breakfast is high in fibre and is a nice twist to your standard porridge or muesli.

**Ingredients**

<table>
<thead>
<tr>
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<th>1 Serve</th>
<th>2 Serves</th>
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<tbody>
<tr>
<td>Rolled oats</td>
<td>½ cup</td>
<td>1 cup</td>
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<tr>
<td>Trim milk</td>
<td>½ cup</td>
<td>1 cup</td>
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<tr>
<td>Natural yoghurt</td>
<td>½ cup</td>
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**Method**

1. Place oats, milk and yoghurt into a container with a lid.
2. Stir well and refrigerate overnight.
3. In the morning mix through or top with any of these variations

**Variations**

- Mashed/chopped banana
- Grated apple or pear
- Stewed or canned fruit
- Fresh or frozen berries
- Raisins or other dried fruit
- Pumpkin or sunflower seeds
- Chopped nuts
- Cinnamon
- Lemon juice

**Great combinations**

- Chopped banana, berries and sliced almonds.
- Grated apple, sultanas and a dusting of cinnamon.