

Overnight oats

from Derval O'Rourke



INGREDIENTS

Serves 1

- 240ml milk
- 60g porridge oats
- 30g frozen raspberries
- 1 tbsp chia seeds
- 1 tbsp nuts (almond flakes work well)
- 1 tsp organic maple syrup

METHOD

- Combine the milk, oats, raspberries and chia seeds in a large bowl.
- Transfer the mixture to a serving bowl. Cover and leave to soak overnight in the fridge.
- The next morning, top with the nuts and maple syrup and serve.