Valentine’s Overnight Oats

Ingredients

Duration: 20 Min.
Portions 1 S.
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

Valentine’s Overnight Oats

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.
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