



**Nutritionist:** BECKY JONES

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KCAL:  
430

CARB:  
66g

PRO:  
14g

FAT:  
12g

## Overnight Oats with Blueberries & Raspberries

High carb



By BECKY JONES

Make breakfast a breeze with this quick recipe. Making it the night before saves precious time in the morning, especially if you want a healthy option just to grab and go. You can leave the oats to soak overnight, or let them sit for about 20 minutes to absorb the milk with the chia seeds. If you can't get hold of fresh blueberries or raspberries, frozen ones work just as well - just add them in at the same time as all the other ingredients.

**Prep:** 10 min

**Fresh:** 2 days

**Beginner**

### Ingredients for 1 Portion(s)

**½ cup** Whole milk

**½ cup** Blueberries

**½ cup(s)** Porridge oats

**115 raspberries** Raspberries

**½ tablespoon** Chia seeds

**5 g** Maple Syrup

**1 1/2 tsp** Vanilla extract

### Method

Add all ingredients, except blueberries and raspberries, to a bowl, container or jar, and mix gently until just combined. You can add the fruit to the top of the mixture straight away or add just before eating. Leave for approx. 20 minutes, or overnight in the fridge, for the oats to absorb the milk and chia seeds to expand.