



# Overnight Oats

Prep Time: 5 minutes • Cook Time: 0 minutes • 1 Servings

## Ingredients

40g Rolled Oats

1 Apple

1 Muller Light yogurt

Frozen Raspberries

## Instructions

- 1 Mix the oats in with the yogurt ensuring the oats are all covered..
- 2 Next peel and grate the apple. Then mix the apple in with the oats and yogurt.
- 3 After mixing put into a bowl or glass that you will be eating from. Then top with frozen raspberries. Cover and place in the fridge.
- 4 Serve the next morning and enjoy