

Cocoa 'Bircher' Overnight Oats

Recipe for approximately 5 portions (which should last all week)

Prep time: 10 minutes

Ingredients

- 500g fat free natural yogurt
- 2 apples (cored & grated)
- 2 tbsp cocoa powder
- 1 tbsp honey
- 100g oats
- Handful of chopped cashew nuts

For the topping (optional)

- Chopped cashew nuts
- Blueberries/pomegranate/raspberries (or other fruit of choice)

Method

In a small bowl mix together your honey and cocoa powder (you can add a little warm water to loosen it up).

In a large bowl mix all your other ingredients and stir then add in the honey mixture.

Cling film and refrigerate or freeze in batches.

Sprinkle over your cashews and fresh fruit when serving.

You could also try other nuts or dried fruit, such as cranberries, or a different flavour. You can also remove the cocoa powder for a less chocolatey taste...

You can also use half milk, half yoghurt for a thinner texture or add chia seeds for a more filling, thicker consistency

Enjoy!