



Berry Bircher

Ingredients

70g porridge oats

2 tbsp golden linseeds

2 ripe bananas

140g frozen raspberries

175g natural bio yogurt

Overnight oats that are low in fat and take 5 minutes to prepare.

Pack your breakfast with frozen raspberries, bio yogurt and golden linseeds for a delicious and healthy start to the day

Method

1. Tip the oats and seeds into a bowl, and pour over 200ml boiling water and stir well. Add the bananas and three-quarters of the raspberries (chill the remainder), mash together, then cover and chill overnight.

2. The next day, layer the raspberry oats in two tumblers or bowls with the yogurt, top with the reserved raspberries and serve.