

Overnight Oats with Berries

Porridge nocturne aux fruits rouges

- 5 min
- Easy
- 320 kcal per serving
- Breakfast
- Vegetarian
- Quick
- Kids



Ingredients

FOR ONE SERVING

Rolled oats (<i>Flocons d'avoine</i>)	80 g
Almond milk (<i>Lait d'amande</i>)	200 ml
Mixed berries (<i>Fruits rouges mélangés</i>)	100 g
Honey (<i>Miel</i>)	1 tbsp
Chia seeds (<i>Graines de chia</i>)	1 tbsp

Nutrition facts

PER SERVING

Calories	320
Protein	10 g
Carbohydrates	52 g
Fat	8 g
Fiber	7 g

Preparation

- 1 In a jar or bowl, combine the rolled oats and chia seeds.
- 2 Pour in the almond milk and stir well until everything is evenly mixed.
- 3 Add the honey and stir again to dissolve it into the mixture.
- 4 Fold in the mixed berries, or save some to add on top later.
- 5 Cover the jar or bowl and refrigerate overnight, or for at least 6 hours.
- 6 In the morning, stir the oats and add a little more almond milk if you want a softer texture.
- 7 Spoon into a bowl or eat straight from the jar, with extra berries on top if desired.

GOOD TO KNOW

For the best texture, stir the oats once more after 10 minutes before refrigerating.