

Black Forest Overnight Oats

FOR HEALTHIER BALANCE

If you love the idea of a healthy overnight oats breakfast but find it lacking in flavour and sweetness, then this recipe is perfect for you. These oats are naturally sweetened with blended apples and canned cherries, so there's no need to add syrup or honey.



4-5 SERVINGS

PREP TIME: 10 MINS

INGREDIENTS

- 2 **apples** with skin (remove skins for the softer option)
- 500g **0% fat Greek yogurt** *can swap for plant-based natural yogurt
- 200g **frozen raspberries**
- 200g **frozen Blueberries**
- 50g **flaked almonds** (ground almonds for softer diet)
- 150g **Rolled oats**
- 1/2 tin of **tinned cherries** in juice or light syrup- roughly chopped
- 1 teaspoon **Chia and/or flax seeds**
- Container: 5x lunchboxes or jars



Practical tip: These overnight oats can be made in bulk and frozen. Ensure you put in the fridge for one night immediately after making and then place in the freezer the next day. Simply take the overnight oats out of the freezer the day before you would like them and keep them in the fridge.



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All our recipes are created by a registered oncology dietitian. These recipes are intended as a source of ideas for meals, drinks, and snacks that could be incorporated into a healthy, balanced diet during and after cancer treatment. However, it is essential to consult with your medical team for personalised advice tailored to your specific treatment pathway.

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METHOD

- 1) Core and chop apples, place into a blender. Blitz until finely chopped. Try not to blend it into a puree.
- 2) Put the yogurt in a large bowl and add the chopped apple.
- 3) Add the frozen fruit and almond and mix well.
- 4) Gradually add in the oats stirring well. Keep mixing until the mixture is "stiff" and difficult to stir.
- 5) Measure out 350g of the mixture.
- 6) Roughly chop the cherries.
- 7) Take your container and put a layer of the mixture in the bottom. Then add a layer of cherries, add 1 teaspoon of syrup/juice from the tin over the cherries. Keep alternating layers until you reach the top of the jar.
- 8) Garnish with cherries, almonds and seeds of your choice.
- 9) Place in the fridge overnight and enjoy the next morning.

NUTRITIONAL INFORMATION PER PORTION

ENERGY: 235 KCAL

FATS: 9g

PROTEIN: 13g

CARBOHYDRATES: 56g **OF WHICH SUGAR** 25g

FIBRE: 9g

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