THE LIGHTER PLATE METHOD

Blueberry & Almond Overnight Oats

Creamy make-ahead oats that turn deep purple as the blueberries soften overnight.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**0 min**	**8 min**	**2**	**EASY**

Ingredients

- 80 g porridge oats
- 200 g natural yoghurt
- 150 ml semi-skimmed milk
- 150 g blueberries
- 2 tbsp almond butter
- 1 tbsp chia seeds
- 1 tsp honey (optional)

Method

1. Stir the oats, yoghurt, milk and chia seeds together in a bowl until evenly combined.
2. Crush half the blueberries with a fork and ripple them through the oats — they will bleed purple overnight.
3. Divide between two jars or bowls. Spoon the almond butter on top and cover.
4. Chill overnight. In the morning, stir once, top with the remaining blueberries and add honey if you want it sweeter.

Tips & swaps

- Frozen blueberries work perfectly and are cheaper; add them straight from frozen and they will thaw into the oats by morning.

Storage & reheating

Keeps well covered in the fridge for up to 3 days. Eat cold.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
360	**15g**	**42g**	**14g**	**7g**

Estimated values, for guidance only. Contains: Oats (gluten), Milk, Tree nuts (almonds).