



Fruity Overnight Oats with Pineapple and Peach



Serves
1



Prep
5 minutes

| | Calories | Sugars | Fat | Saturated Fat | Salt |
|----------|----------|--------|------|---------------|-------|
| per 100g | 94kcal | 6.0g | 1.7g | 0.4g | 0.06g |
| RI% | 4.7% | 6.7% | 2.4% | 2% | 1% |

Method

1. Spoon the oats into a clip lock glass jar or large jam jar and add the almond milk.
2. Add one tablespoon of yogurt but don't stir.
3. Open the tins of fruit. Chop the peaches then put two thirds of the peaches and half the pineapple into a re-sealable container and store in the fridge
4. Add the rest of the fruit to the jar on top of the yogurt. Cover with the lid and place in the fridge overnight
5. In the morning, just open the jar and enjoy.

Ingredients

½ x 220g Princes Pineapple chunks in juice

1/3 tin (410g) Princes Peach slices in juice

50g oats (you can use chunky whole oats or porridge oats)

100ml unsweetened almond milk

1tbs Greek yogurt