



Overnight Oats with Peaches



Suitable for vegetarians

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	118kcal	7g	2.1g	0.4g	trace
RI%	6%	8%	3%	2%	-

Method

1. Drain the juice from the can of Princes Peach Slices into a mixing bowl.
2. Add the porridge oats to the bowl and stir in the apple juice. Share this mixture between 2 sealable jars with a capacity of 300ml. (Or use bowls if you prefer).
3. Spoon the yogurt on top of the oats and level the surface, then share the peach slices between the two portions. Seal with the lids or cover with cling film and refrigerate overnight.

Cook's tip: If you like, serve with a few Princes Raspberries sprinkled on top.



Ingredients

- 1 x 220g can of Princes Peach Slices with Juice
- 150g porridge oats
- 200ml unsweetened apple juice
- 6 tbsp 0% fat Greek yogurt