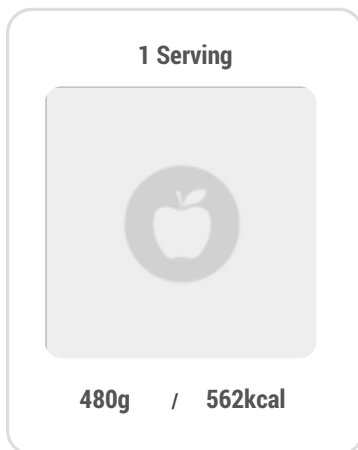


Recipe Ingredients ...	Quantity:	Description:
Oat flakes, rolled	50g	5x tablespoon
Blueberries, frozen	75g	0.5x cup, unthawed
Almonds, blanched, flaked and ground	10g	1x Average Portion
Raspberries, frozen	40g	1x 10 raspberries
Mixed seeds	15g	1x tablespoon
Yogurt, whole milk, plain	90g	2x tablespoon
Milk, semi-skimmed, pasteurised, average	200g	

Portions / Pack Sizes ...



Cooking Instructions & Notes

A simple prep the night before.

Put all the ingredients in a bowl or tupperware.

Leave to soak over night ready to eat straight from the fridge in the morning.