



**SERVES: 1**

**SPAR**

**BETTER CHOICES**  
  
Eat well, Live better

**EVENING PREP TIME:** 5 minutes

**MORNING PREP TIME:** 5 minutes

### **BASIC INGREDIENTS:**

30g raw oats

80ml non-fat milk

85g plain non-fat yoghurt

1 teaspoon honey

Coconut shavings for garnishing

### **INGREDIENT VARIATIONS:**

**BERRIES:** 60g fresh mixed berries of choice

**APPLE & CINNAMON:** 1 apple, diced, cinnamon sprinkled to taste

**BANANA & NUTS:** 1 banana, sliced, 2 tablespoons mixed nuts, crushed

**HIGH PROTEIN COFFEE BOOSTER:** 1 teaspoon instant coffee, 2 tablespoons chocolate flavored protein powder mixed in a little warm water

**HIGH PROTEIN COCOA & BANANA:** 1 banana, sliced + 2 tablespoons chocolate flavored protein powder (or 1 teaspoon cocoa powder)

### **METHOD:**

1. Place oats in a large mug, bowl or mason jar. Add the milk.
2. Mix the honey into to the yoghurt and layer on top of the oats and milk.
3. Place in the fridge to soak overnight.
4. In the morning, dice the fruit, or mix all other ingredient and layer on top of the yoghurt.

**ENJOY!**

**TIP!**

Try different ingredient combinations to keep it interesting!