



spudshed
Fresh Food Market

FREYA'S DIABETIC FRIENDLY OVERNIGHT OATS

INGREDIENTS

2/3 cup rolled oats

1 cup fresh berries

(strawberries & blueberries)

1/3 cup plain low-fat Greek yoghurt

1 cup reduced fat milk

Chia seeds (optional)



SERVING SUGGESTION

METHOD

On the day before you want the oats, mix all the ingredients and spoon into jars or containers with lids.

Store in the refrigerator overnight.

Enjoy in the morning!

Fresh from our WA farms to your kitchen