

Overnight Protein Oats with Berries

A make-ahead breakfast with oats, high-protein yoghurt, chia and berries. About 27 g protein and 10 g fibre, ready in 5 minutes the night before.

Servings: 1 person · Prepping time: 5 min · Cooking time: none (overnight in the fridge)

Breakfast for the mornings when there's no time. Made the night before, it gives you a solid start on protein and fibre, which helps with fullness through the morning. It's especially useful if you're on a GLP-1 medication and struggle to eat much early in the day.

Ingredients

- ½ cup (40 g) rolled oats
- 150 g plain high-protein yoghurt (check the label for about 10 g protein per 100 g)
- ½ cup (125 ml) low-fat milk
- 1 tbsp chia seeds
- ½ cup frozen mixed berries
- ½ tsp ground cinnamon

Method

1. In a jar or container, stir together the oats, yoghurt, milk, chia seeds and cinnamon.
2. Top with the frozen berries. They'll thaw overnight and add their own juice.
3. Close the lid and refrigerate overnight, or for at least 4 hours.
4. Stir and eat cold, or loosen with a splash of milk if it's too thick.

Nutrition per serving (approximate)

- Energy: about 395 kcal
- Protein: about 27 g
- Carbohydrate: about 43 g (excluding fibre)
- Fibre: about 10 g
- Fat: about 10 g

Dietitian's note: if you're watching carbohydrate closely, use ¼ cup oats and add a tablespoon of chopped nuts. Protein varies widely between yoghurt brands (from about 4 g to over 10 g per 100 g), so check the label. Values are approximate, calculated from standard food composition data.