



CLONAKILTY OVERNIGHT OATS



By Irish Yogurts Clonakilty

Breakfast Parfait

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Method

- Mix the porridge oats, chia seed and cinnamon in a bowl
- Put 1 teaspoon of honey into 500g of [Irish Yogurts Clonakilty Spoonable Natural Kefir](#) or [Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt](#) or [Irish Yogurts Clonakilty Low Fat Greek Style Natural Live Yogurt](#)
- Pour yogurt on to the oat mix. Stir to mix everything and leave in the fridge covered overnight. For a less moist mix, use less yogurt
- In the morning remove from the fridge and serve as desired with fruits to your liking

Ingredients

- 500g of [Irish Yogurts Clonakilty Spoonable Natural Kefir](#) or [Irish Yogurts Clonakilty Whole Milk Natural Live Yogurt](#) or [Irish Yogurts Clonakilty Low Fat Greek Style Natural Live Yogurt](#)
- 1 cup of porridge oats
- 1 tsp of chia seed (optional)
- Pinch of cinnamon(optional)
- 1 tsp of honey (optional)
- Fruits of your choice

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