

Grape, pear & orange overnight oats



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Preparation 20 mins + overnight chilling | Serves 4

You can top the overnight oats with any kind of chopped seasonal fruits.

Orange overnight oats:

2 cups rolled oats

6 oranges, squeezed (you'll need 2 cups juice)

½ cup thick natural reduced fat yoghurt

To serve:

300g seedless grapes*, stems removed

2 just-ripe pears, halved, cored and diced

2 passionfruit, halved

Honey, for drizzling

**Like Crimson, Thompson, Flambe and Sultana varieties*

STEP 1 To make overnight oats, combine oats and 2 cups fresh orange juice in an airtight container. Stir through yoghurt. Cover and refrigerate overnight.

STEP 2 To serve, halve half the grapes and stir through oat mixture. Spoon into glasses, bowls or serving sized airtight containers. Dice pears. Top oats with pears, remaining grapes, drizzle with passionfruit pulp and honey and serve.

Good for you... GRAPES

An excellent source of vitamin C, one of the vitamins Grapes contain natural sugars so they taste sweet. These sugars are digested slowly and so they give us sustained energy. A good source of vitamin C. This vitamin helps reduce our chances of picking up infections and also keeps teeth and gums healthy. Grapes provide dietary fibre which is important for making sure food residues move through the intestine.

