



OVERNIGHT OATS
PREP TIME: 5 MINS



Healthy
UCD

SERVINGS: 1

Ingredients

- 80g Frozen Raspberries
- 60g Rolled Porridge Oats
- 1 tsp Maple Syrup
- 1 tbsp Peanut Butter

Ingredient	Amount	Cost (Tesco)	Aldi	Centra
Frozen Raspberries	80g	€1.75	€1.55	NA
Rolled Porridge Oats	60g	€0.75	€0.75	€1.20
Maple Syrup	1 tsp	€2.50	€1.55	€4.00
Peanut Butter	1 tbsp	€2.50	€1.99	NA
Total cost/recipe		€7.50	€5.84	€5.20 (w/out PB + fruit)
Total cost/serving		€1.04	€0.52	€0.23 (w/out PB + fruit)

Method

1. Stir frozen raspberries into oats with 150ml water and pinch of salt - cover and chill in fridge overnight
2. Next day, mix maple syrup into oats and top it off with raspberries

Dietary Information

	Per Serving	%RI
Energy (kcal)	379	19%
Fat	12g	19%
of which saturates	1.8g	9%
Carbohydrates	49g	19%
Fibre	11g	44%
Protein	12g	24%
Salt	0.01g	0%

Allergy Information



Gluten free



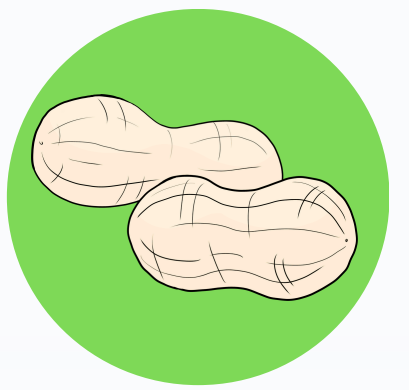
Vegetarian



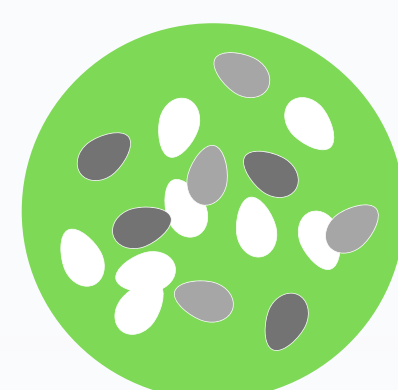
Contains gluten



Vegan



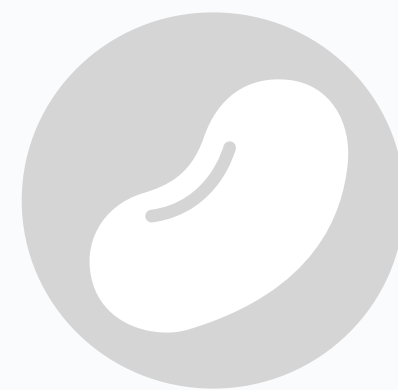
Contains nuts



May contain
sesame



May contain
tree nuts



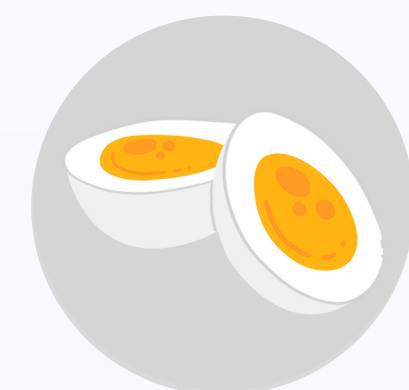
Contains soy



Contains dairy



Contains celery



Contains eggs



Contains fish