

Overnight Oats with Yoghurt and Stewed Fruit

Ingredients

- 1/4 cup oats
- 100ml milk
- 1 tablespoon greek yoghurt
- 1/4 pear
- 1/4 apple
- 1 stick rhubarb
- Pepitas

Method

1. Place oats in a small bowl. Stir in milk and yoghurt, cover the bowl and place in the fridge overnight.
2. Peel the pear and apple and cut into wedges, avoiding the core and seeds.
3. Chop the rhubarb stem into 1cm pieces and discard the leaves.
4. Place the fruit in a small pot with 1/4 cup of water. Turn the heat down low and cook for about 30 minutes until the fruit has broken down.
5. Fruit can be prepared ahead of time and can last for a couple of days in the fridge.
6. Serve the fruit on top of the oats and sprinkle with pepitas.

