

Berry Bircher

Servings: 2

Prep Time: 5min

Cook Time: 0



Ingredients

- 70g porridge oats
- 2 tbsp golden linseeds
- 2 ripe bananas
- 140g frozen raspberries
- 175g natural bio yogurt

Directions

1. Tip the oats and seeds into a bowl, and pour over 200ml boiling water and stir well. Add the bananas and three-quarters of the raspberries (chill the remainder), mash together, then cover and chill overnight.
2. The next day, layer the raspberry oats in two tumblers or bowls with the yogurt, top with the reserved raspberries and serve.