

# Healthy Berry Oat Porridge

## Ingredients

115g porridge oats

1 tbsp kefir natural yoghurt

250ml natural yoghurt

125 of berries such as raspberries

Blueberries or blackberries

## Method

1. Put the oats and kefir in a small saucepan. Add 750ml of water and leave to soak, covered overnight at room temperature.
2. Bring the soaked oats to a simmer over a medium heat then reduce heat to low and cook stirring occasionally for ten minutes until soft and creamy.
3. Mix in the yogurt and berries. Serve.