

# Black Forest Overnight Oats

## FOR HIGH ENERGY

This recipe is a modified version of the healthier balanced Black Forest overnight oats, designed to be higher in energy. It's perfect if you're looking to fortify your meals. We've swapped the Greek yogurt for full-fat yogurt and added a touch of honey for extra sweetness and a boost in energy.



4-5 SERVINGS

PREP TIME: 10 MINS

## INGREDIENTS

- 2 **apples** with skin (remove skins for the softer option)
- 500g **0% fat Greek yogurt** \*can swap for plant-based natural yogurt
- 200g **frozen raspberries**
- 200g **frozen Blueberries**
- 50g **flaked almonds** (ground almonds for softer diet)
- 150g **Rolled oats**
- 1/2 tin of **tinned cherries** in juice or light syrup- roughly chopped
- 1 teaspoon **Chia and/or flax seeds**
- Container: 5x lunchboxes or jars



**Practical tip:** These overnight oats can be made in bulk and frozen. Ensure you put in the fridge for one night immediately after making and then place in the freezer the next day. Simply take the overnight oats out of the freezer the day before you would like them and keep them in the fridge.



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*All our recipes are created by a registered oncology dietitian. These recipes are intended as a source of ideas for meals, drinks, and snacks that could be incorporated into your diet if you require a high-energy diet during and after cancer treatment. However, it is essential to consult with your medical team for personalized advice tailored to your specific treatment pathway.*

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## METHOD

- 1) Core and chop apples, place into a blender. Blitz until finely chopped. Try not to blend it into a puree.
- 2) Put the yogurt in a large bowl and add the chopped apple.
- 3) Add the frozen fruit, almond and honey and mix well.
- 4) Gradually add in the oats stirring well. Keep mixing until the mixture is "stiff" and difficult to stir.
- 5) Measure out 350g of the mixture.
- 6) Roughly chop the cherries.
- 7) Grab your container of choice and put a layer of the mixture in the bottom. Then add a layer of cherries, add 1 teaspoon of syrup/juice from the tin over the cherries. Keep alternating layers until you reach the top of the jar.
- 8) Garnish with cherries, almonds and seeds of your choice.
- 9) Place in the fridge overnight and enjoy the next morning.

## NUTRITIONAL INFORMATION PER PORTION

**ENERGY:** 430 KCAL

**FATS:** 18g

**PROTEIN:** 12g

**CARBOHYDRATES:** 58g **OF WHICH SUGAR** 29g

**FIBRE:** 9g

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