



# South African Recipes

*"cooking with confidence"*

## Fruity oats

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## Ingredients

- ½ Cup raw Oats
- 1 cup Fruit salad of your choice
- 175 ml Apple & Cranberry juice
- ¼ cup Fruit flavored yogurt

## Method

- Mix Oats with Apple & cranberry juice.
- Allow to soak in refrigerator for 10 hours.
- Add the fruit and yogurt and mix gently not to break fruit.
- Return to the refrigerator for another 10 hours.
- Serve cold as is.

serve 2 portions