



## BLUEBERRY OVERNIGHT WEETABIX

### Description

Overnight Weetabix is a simple, chilled breakfast made by layering crushed Weetabix with milk and topping it with yogurt and fruit, then allowing it to sit in the refrigerator overnight. The result is a creamy, slightly sweet, and deliciously textured meal that tastes more indulgent than it is.

This make-ahead breakfast is a creative spin on overnight oats, but it uses Weetabix—those classic, wholegrain biscuits that are loaded with fiber and low in sugar. When softened with milk and layered with protein yogurt and berries, Weetabix transforms into a cheesecake-like breakfast that feels like dessert without the guilt.

### Why You'll Love This Easy Weetabix Breakfast Recipe

- **No Cooking Required** Just mix, layer, and chill.
- **Nutrient-Rich** Full of fiber, protein, and antioxidants.
- **Customizable** Add your favorite fruits, nuts, or sweeteners.
- **Great for Weight Loss** Low-calorie, high-volume, and keeps you full for hours.
- **Perfect Meal Prep Option** Prepare the night before and grab-and-go in the morning.

### Ingredients Spotlight: What You Need and Why

Let's break down the ingredients that make this overnight Weetabix recipe both delicious and healthy:

#### 1. Weetabix (1 biscuit)

This whole grain cereal is the perfect base. It softens overnight into a tender, slightly chewy consistency that mimics cake. Rich in fiber and low in sugar, it's a great option for heart health and digestive wellness.

**Pro Tip:** Crumble the Weetabix finely to create a solid crust at the bottom.

## 2. Skimmed Milk (30ml)

Used to moisten the crushed Weetabix and help it form a cohesive base. Skimmed milk adds hydration without extra fat.

**Alternative:** Use unsweetened almond milk, oat milk, or soy milk for a dairy-free version.

## 3. Low-Fat Vanilla Protein Yoghurt

This is where the creaminess comes in. Protein yoghurt not only helps build lean muscle but also keeps you feeling fuller for longer. The vanilla flavor adds a subtle sweetness that balances the whole dish.

**Recommended Brands:** Aldi, Lidl, Arla Protein, or Lindahlsâ??all offer high-quality, low-fat, high-protein yoghurts.

## 4. Blueberries (50g)

These antioxidant-rich berries add a fresh, juicy burst of flavor and a nutritional punch. Theyâ??re known for supporting brain health and reducing inflammation.

**Variation:** Swap with raspberries, sliced banana, strawberries, or a mixed berry blend.

## 5. Optional: Honey (1 tsp) + Extra Crushed Weetabix

A light drizzle of honey enhances sweetness naturally, while a sprinkle of extra crushed Weetabix adds crunch.

## ⌚⌚ How to Prepare Overnight Weetabix (Step-by-Step)

1. **Crush the Weetabix:** Start by finely crumbling one Weetabix biscuit into a small bowl or meal prep container.
2. **Add Milk:** Pour in the skimmed milk and press down gently with a spoon to create a flat, cake-like base.
3. **Mix Yogurt and Berries:** In a separate bowl, combine the vanilla protein yoghurt with the blueberries until evenly distributed.
4. **Layer It On:** Spoon the yoghurt and berry mixture over the Weetabix base, smoothing it out evenly.
5. **Top It Off:** Optionalâ??drizzle a teaspoon of honey and sprinkle with a tiny bit of crushed Weetabix for crunch.
6. **Refrigerate:** Cover the container and place it in the fridge overnight (at least 6 hours).
7. **Enjoy Cold:** In the morning, enjoy it straight from the fridge! No need to heat or stir.

## ⌚⌚ Variations & Add-Ins to Customize Your Breakfast Bowl

One of the best things about overnight Weetabix is its versatility. Here are some fun flavor combinations and healthy add-ins:

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### • Tropical Vibes:

- Swap blueberries for mango chunks and pineapple.
- Add a spoonful of coconut yogurt.

### • Chocolate Banana:

- Mix plain Greek yogurt with a scoop of chocolate protein powder.
- Add banana slices and a few dark chocolate chips.

### • Apple Pie Delight:

- Layer with cinnamon-dusted apple slices.
- Use maple-flavored yogurt and a dash of nutmeg.

### • Peanut Butter & Jelly:

- Add a swirl of peanut butter on top.
- Use strawberry yogurt and sliced strawberries.

### • Cheesecake-Inspired:

- Mix in a teaspoon of cream cheese into the yogurt.
- Add crushed graham crackers or granola on top before serving.

## • Is Overnight Weetabix Good for Weight Loss?

Yes! Overnight Weetabix is an excellent breakfast option for those looking to lose or manage weight. It's:

- Low in calories (especially when using low-fat yogurt and skimmed milk)
- High in fiber and protein, keeping you full longer
- Portion-controlled and easy to track macros

Make sure to watch sweeteners like honey if you're counting calories.

## • Best Yoghurts to Use (UK & EU Options)

Looking for the best high-protein yoghurts? Here are a few to try:

- **Aldi Protein Yoghurts:** Budget-friendly and delicious.
- **Lidl's Milbona Protein Pudding:** Smooth and indulgent texture.
- **Arla Protein:** Known for clean ingredients and flavor options.
- **Lindahls Kvarg:** A thicker, Scandinavian-style protein yogurt that works beautifully in this recipe.

## • Yoghurt Substitutes You Can Use

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Don't have protein yoghurt? No worries! Here are a few excellent substitutes:

- **Fat-Free Greek Yogurt:** Thick, tangy, and rich in protein.
- **Quark:** Low in fat and high in protein—perfect for a cheesecake-like feel.
- **Cottage Cheese:** Blended smooth, this can add a savory twist and loads of protein.

## Time-Saving Tips for Busy Mornings

- **Meal Prep Multiple Servings:** Use stackable containers to prep 3-4 portions in one go.
- **Mix It Up Weekly:** Keep breakfast exciting by switching up fruit and yoghurt flavors.
- **Label & Store:** Write the date on your container so you always know it's fresh.

## Ingredients

- 1 Weetabix biscuit
- 30ml skimmed milk
- 1 low-fat vanilla protein yogurt
- 50g fresh blueberries
- Optional: 1 tsp honey + extra crushed Weetabix for topping

## Directions

- Crush the Weetabix biscuit in a small bowl or container.
- Add skimmed milk and press the mixture into a flat base.
- In a separate bowl, mix the protein yogurt with blueberries.
- Spoon the yogurt mixture over the Weetabix base.
- Drizzle with honey and sprinkle with extra crushed Weetabix (optional).
- Cover and refrigerate overnight.
- Enjoy chilled in the morning!

## Category

1. High Protein Recipes

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