

Raspberry, Rose & Pistachio Overnight Oat Breakfast Puddings



By [Ashley Alexander](#)

These Raspberry, Rose, and Pistachio Overnight Oat Breakfast Puddings combine the tartness of raspberries with the subtle floral notes of rosewater, all layered with creamy Greek yoghurt and wholesome oats. They're then topped with a sprinkle of slivered pistachios for a delicious crunch.

SERVES 4-6 | **TOTAL TIME** 10 minutes (+ overnight setting time)

INGREDIENTS

Raspberry rose mixture

- 250g (2 cups roughly) frozen raspberries, thawed
- 1 tablespoon rosewater (optional)

Oat mixture

- 160g (2 cups) rolled oats
- 40g (1/4 cup) flaxseed meal/linseed meal
- 500ml (2 cups) milk of choice (I've used soy)
- 250g (1 cup) thick unsweetened Greek yoghurt

- 2 tablespoons pure maple syrup
- 1 teaspoon vanilla extract

Topping

- Roughly 1 cup thick unsweetened Greek yoghurt
- 1-2 tablespoons slivered pistachios

METHOD

1. In a small bowl, mash the thawed raspberries with a fork, mixing in the rosewater until the raspberries become saucy. Set aside.
2. In a medium-sized bowl, combine the rolled oats, flaxseed meal, milk, Greek yoghurt, maple syrup, and vanilla extract. Stir well to ensure all ingredients are evenly distributed.
3. Add a large spoonful (about 1/4 cup) of the raspberry rose mixture to the oat mixture. Gently swirl it through, stirring 2-3 times.
4. Divide the oat mixture between four glasses or small containers. Add a spoonful of the remaining raspberry mixture to each serving, followed by a generous dollop of Greek yoghurt. Smooth the yoghurt with the back of a spoon.
5. Top each pudding with the remaining raspberry mixture and sprinkle with slivered pistachios.
6. Place the glasses or containers in the fridge and allow the puddings to set overnight, covered or uncovered.

NOTES

Dairy-Free/Vegan Option: For a dairy-free or vegan option, use plant-based milk and yoghurt.

Rosewater: While rosewater adds a lovely floral flavour, it's optional. If you're unsure about the taste, you can start with less and adjust to your liking, or leave it out if you prefer.

Customisable Sweetness: If you prefer a sweeter taste, you can adjust the amount of maple syrup to your taste or swap it with honey or sweetener of your choice.

Optional Add-ins: Boost the protein/nutritional value by adding 2 tablespoons of vanilla protein powder to the oat mixture.

Meal Prep Friendly: These puddings are perfect for meal prep. Make a batch at the beginning of the week, and you'll have breakfast ready to go. They keep well in the fridge for up to 4 days.

Chilling Time: While overnight is ideal for the best texture, if you're short on time, 3-4 hours of chilling will still yield a good result.

Storage: These puddings will keep in the fridge for up to 4 days.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/raspberry-rose-pistachio-overnight-oat-breakfast-puddings>

Let me know if you make the recipe! x **@gatherandfeast**