



Recipes

Overnight oats

Level: Easy

Time: 5-10minutes and then leave overnight in the fridge

Cost: 20-25p per portion

Makes: 1 small portion

Ingredients

- 2 tablespoons fruit
- 5 tablespoons oats*
- 2 tablespoons low fat natural yoghurt*
- 4 tablespoons skimmed or semi skimmed milk*

Steps to making the dish

1. Place one spoon of fruit in the bottom of your container such as a mug, cup, bowl, glass or jar.
2. In a separate bowl, mix the oats*, yoghurt* and milk*, and then spoon on top of your fruit. Top with the remaining fruit.
3. Cover and place in the fridge overnight.

Tips!

- Use frozen fruit as it keeps the mix really cold and it is often cheaper.
- Be adventurous with flavours - grated apple and blueberry, mango and raspberry, strawberry and peach are just some examples.
- You could add optional extras such as spices, e.g. vanilla, nutmeg or cinnamon, or you could add seeds. Be adventurous!
- This is a great grab and go breakfast.
- Get the kids involved. They will love to spoon out the ingredients and think of flavour combinations.

*May contain or is one of 14 common allergens