

# How to... Overnight Oats

(Serves 1 to 2)

8 dessertspoons or  $\frac{1}{2}$  cup (50g) of porridge oats, 100mls or  $\frac{1}{2}$  cup of milk,  $\frac{1}{2}$  teaspoon of cinnamon, 2 dessertspoons of natural yoghurt, 4 strawberries mashed with a fork, mixed berries of your choice. Milk can be of your choice: cow's milk, long life UHT milk or dairy free.



**1** Collect ingredients. Always check the labels for allergy warnings.



**2** Put  $\frac{1}{2}$  cup or 8 dessertspoons of porridge oats into a bowl. Add cinnamon (optional)



**3** Pour 100ml of milk into a measuring jug or pour  $\frac{1}{2}$  a cup of milk.



**4** Add the milk to the oats and cinnamon. Add the ingredients to a bowl or jar.



**5** The night before serving put the jar or bowl into the fridge.



**6** In the morning, add a little more milk if too thick and top with natural yoghurt.



**7** Mash the strawberries with a fork and add on top.



**8** Top the overnight oats with mixed berries.



**9** Try topping with any fresh, frozen, seasonal or dried fruit, choose whatever is on offer.