

WHAT YOU NEED

- ½ cup (50g) of porridge oats
- 100ml or ½ cup of milk
- ½ 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

How to Make Overnight Oats

Serves 1 to 2



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



2 Put ½ cup (50g) of porridge oats into a bowl. Add cinnamon (optional)



3 Pour 100ml of milk into a measuring jug or pour ½ 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. 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.