

# Overnight oats

## Ingredients

**Base per cup** – 2 tbsp. rolled porridge oats + 4  
tbsp. semi skimmed milk

**Toppings ideas** – Honey, golden syrup, cinnamon,  
nutmeg, ginger, raisins, sultanas, dried  
cranberries, dried apricots, fresh/frozen berries,  
banana chips, chai seeds, tinned pineapple, and  
apple (use your imagination!)

## Equipment

Plastic cups  
Knife  
Chopping board  
Tin foil/cling film  
Measuring spoons  
Bowls for toppings  
Fridge

## Method

1. Prepare the toppings if they need any preparation (chop pineapple, apricots, apple etc.)
2. Use the measuring spoons to measure 2 tbsp. rolled oats into the cup. Then measure the milk in with the oats. Give it a mix.
3. Choose a selection of 2-3 toppings that you think would work well together and pop them on top. Make sure each cup is covered with a bit of foil or cling film.
4. Put the cups in the fridge and enjoy straight from the fridge the next morning as a filling, nutritious and delicious breakfast!