

OVERNIGHT OATS

WHAT DO I NEED?

50g rolled porridge oats
1/4 tsp ground cinnamon
100ml milk (or water)
1-2 tbsp Greek or natural yogurt
Toppings of choice

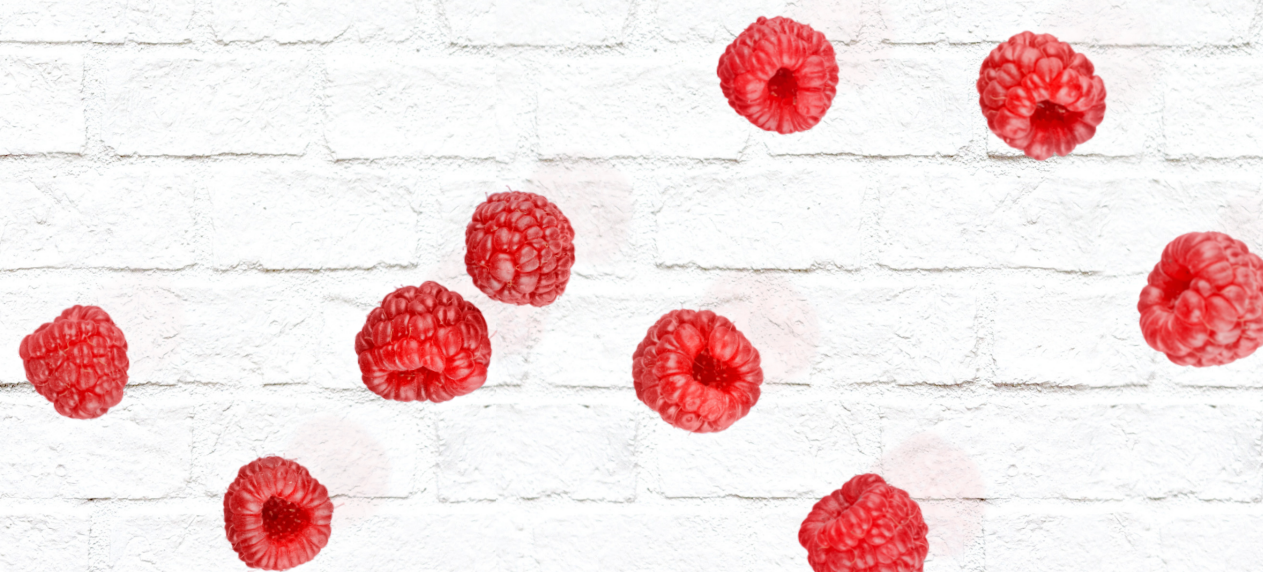
TOPPING IDEAS...

Desiccated coconut
Any fruit - berries, banana, grated
apple, pear, raisins!
Seeds
Drizzle of honey



HOW DO I MAKE IT?

1. The night before, mix the oats, milk (or water) and cinnamon in a bowl. Spoon this into a jar/small bowl/mug/cup.
2. Cover and pop in the fridge overnight!
3. The next day, loosen the mixture with a little more milk or water, if needed.
4. Top with the yogurt.
5. Finish by adding your favourite toppings and enjoy as a yummy, healthy breakfast.



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