

Allergens*:



Gluten



Milk

Family Recipe Card 13

Overnight oats

Cost
per person
51p

See
ingredients
and method
overleaf...



Serves 1

It's one of the easiest, no-cook breakfast options that will leave you with healthy grab-and-go breakfasts to enjoy throughout the week...the ways to vary this recipe are endless!



Equipment

- Tupperware
- Weighing scales
- Spoon



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* Ingredients and allergens may vary from different food shops and any Quorn products can contain egg, gluten, and milk, so to always check the label

Overnight oats



Ingredients:

- 40g porridge oats
- 100g fat free yogurt
- 30ml water
- Fruit and any topping you like!
- Add a dash of honey if you like it a little sweeter.



Method:

Mix all ingredients together in a pot and put in the fridge overnight or for at least 4 hours.

You can flavour these in many different ways. Add 30g grated apple and a dash mixed spice for apple crumble flavour. Add ½ a mashed banana and a sprinkle chocolate chips for banana cake flavour... the list goes on!!!