Make overnight oats with berries

Create an easy, tasty, filling breakfast.



What you need

- 60g rolled oats
- 120ml milk (or coconut or oat milk)
- 100g plain yoghurt (or dairy-free options)
- Pinch of cinnamon
- Handful of fresh berries (raspberries, strawberries and blueberries work well)
- Honey to drizzle or flaked almonds to put on top (optional)

If your mornings are busy and you don't have time to make a proper breakfast when you're back at school, this could be the perfect recipe for you. Overnight oats with yoghurt, milk and berries is easy to make and is filling enough to keep you going. You prepare it the night before, so it's ready as soon as you get up in the morning.

Overnight oats is a type of porridge you don't have to cook. Instead of heating them in a pan on a hob, you soak them in the milk and yoghurt for a few hours (or overnight if you can). This allows the grains to soak up the liquid and go soft so you can eat them.



Instructions

1. Measure out the oats into a jar or bowl and add the milk, yoghurt and a pinch of cinnamon. Stir well.
2. Cover and place in the fridge overnight.
3. The next morning, take the oats from the fridge and add your berries. Drdrizzle a bit of honey or sprinkle almond flakes if you wish.

Allergy information Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergies

TOP TIP

Experiment with flavours. Add some grated carrot and apple, a sprinkle of mixed spice, some raisins and a dash of maple syrup to make carrot cake overnight oats.



FUN FACT
Oats were originally introduced to Britain by the Romans who fed them to their horses.

FUTURE PUBLISHING LTD · ADOBE STOCK · GETTY IMAGES

Head to theweekjunior.co.uk/activityhub for more crafts and recipes.

SCAN ME