

EASY FOOD

Recipes

Overnight oats



What you need



Serves: 1

Allow 5 minutes for preparation
+ overnight in fridge

$\frac{1}{2}$ cup oats

$\frac{3}{4}$ cup milk

$\frac{1}{3}$ cup frozen berries
(or other fruit)

Drizzle of honey

To prepare



1 jar
1 spoon



Remember to wash your
hands before starting

1

Pour the oats into the jar



2

Pour the milk into the jar



3



Drizzle a
little honey
into the jar

4

Stir



5

Place the berries on top



6

Cover and store in fridge
until the next morning



ENJOY!



Other ideas

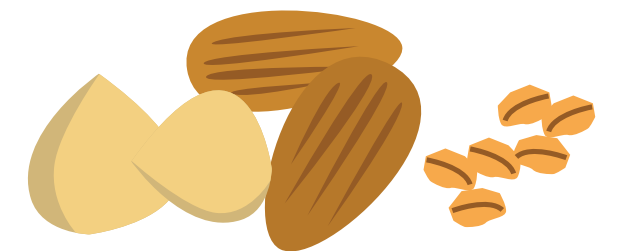
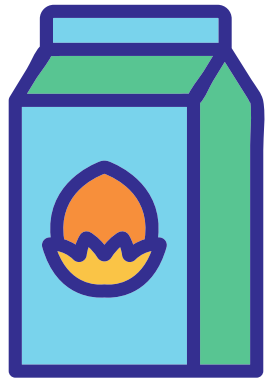


Try **fresh or canned fruit** like apples or peaches

Try **fresh berries**

Try **other milk varieties** like nut milks

Add some **nuts or seeds** before eating



Overnight Oats

Serves: 1

Allow: 5 minutes



What you need

1 jar
1 spoon

$\frac{1}{2}$ cup oats
 $\frac{3}{4}$ cup milk
 $\frac{1}{3}$ cup frozen berries
(or other fruit)
Drizzle of honey



Method:

1. Prepare the day or night before eating
2. Pour oats into the jar.
3. Pour milk into jar
4. Add a little honey and stir.
5. Place berries or other fruit on top of oats mixture.
6. Cover and store in the fridge until the next morning.
7. Enjoy!

EASY FOOD

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Health

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