

Overnight oats

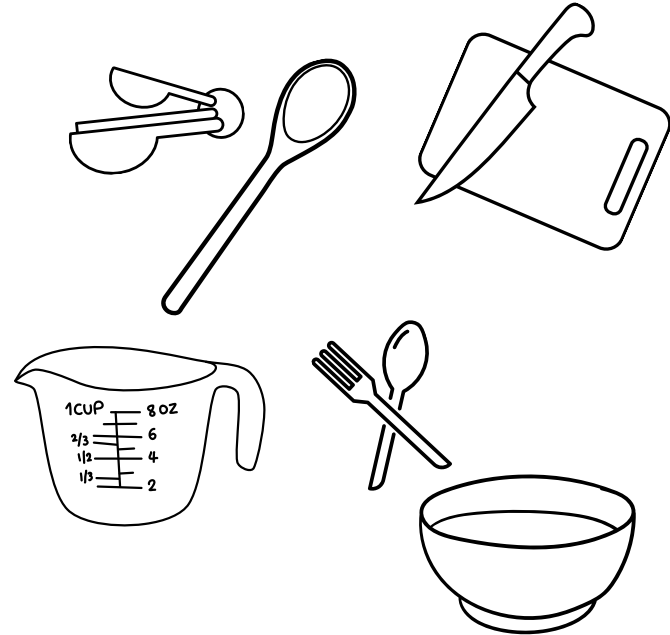
makes: 1 serve

Breakfast

Snack



Equipment needed:



Ingredients:

- 1/2 cup whole rolled oats
- 1/2 cup milk of choice
- Toppings/ add ins of choice

method:

1. Combine oats and milk of choice in a jar or bowl (if you would like to make multiple serves)
2. Seal with a lid and shake to mix, or stir if using a bowl.
3. Refrigerate overnight or at least 6 hours
4. Add topping right before serving.
5. Customize your overnight oats with any toppings or add ins you like!

You could try peanut butter, fruit, yoghurt, cinnamon, honey or maple syrup, cocoa powder .

*If using frozen fruit, add with oats and milk