

**BECK
ETT 
FOOD**

UTENSILS

Jar/small container

INGREDIENTS

125ml milk
4 tbsp greek yoghurt
80g rolled oats

*Makes one serving -
multiply the quantities
to make a larger
batch, oats will stay
fresh for 3 days, but
might need thinning
out with extra milk*

OVERNIGHT EASY OATS

- 01** Add 80g of oats to a jar/container, then add 4 tbsp of greek yoghurt. Mix together loosely.
- 02** Pour in 125ml milk of your choice and stir again.
- 03** Add to the fridge to chill overnight!

OPTIONAL EXTRAS

If you're making a big batch, here are some ways to switch up your breakfast!

- 01 Nutella & Banana**
Make a little dimple in the top of your oats, then add 2 tsp of Nutella, then top with sliced bananas
- 02 Sneaky Snickers**
Add 2 tsp of peanut butter and stir, adding 1 tsp of maple syrup, stir again, then either add chocolate chips or top with a dusting of cocoa powder
- 03 Tiramisu-ish**
Add a shot of coffee (instant is fine!) to your milk before pouring and mixing, then add 1 tsp of maple syrup and dust the top with cocoa powder
- 04 Berry Mix**
Add 1 tsp of honey, 1 tbsp of chai seeds, then add a small handful of frozen berries (e.g. raspberries, blackberries or blueberries)
- 05 Tropical**
Switch out plain greek yoghurt for coconut or passionfruit flavoured greek yoghurt, then add a small handful of frozen mango
- 06 Blueberry Muffin**
Add 1 tsp of vanilla essence, 1 tsp of lemon zest, 1 tsp of honey and a small handful of frozen blueberries



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