

Overnight oats

✓ No cook



Equipment:

- Glass, mug or jar (1 per person)
- Tablespoon

Ingredients for 1 portion:

- 5-6 tablespoons of oats
- ½ glass of milk (dairy or dairy-free)
- Small handful of raisins or other dried fruit
- Optional: cinnamon
- Top with tinned or fresh fruit

- ✓ Halal
- ✓ Gluten-free
- ✓ Dairy-free
- ✓ Vegan

Steps:

1. Tip the oats into the glass, add the milk and raisins and mix in. Add the cinnamon if using and mix in.
2. Put in the fridge and leave overnight or at least for 3 hours.
3. Top with fresh or tinned fruit if available.
4. Enjoy!