

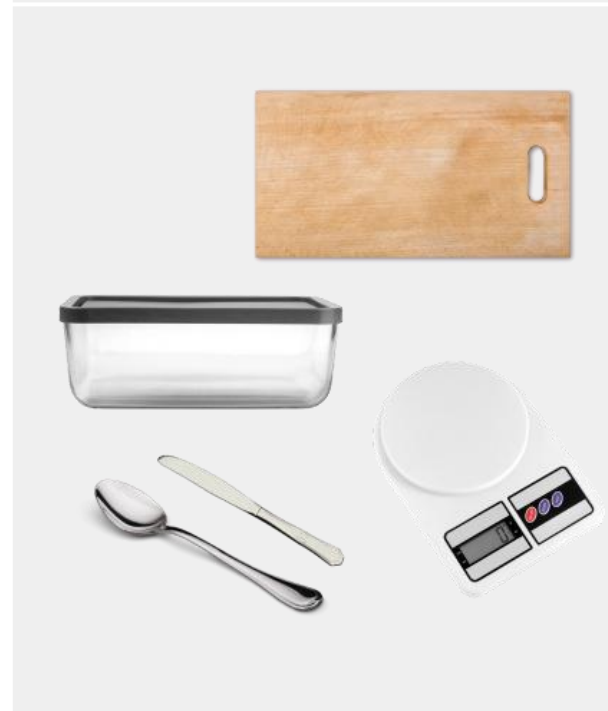


Overnight Oats



Shopping List:

40grams of oats.
100ml of low fat milk.
2 tablespoons of low fat yoghurt.
Half a tablespoon of honey or peanut butter.
Handful of blueberries.
1 Banana.



Gather Utensils:

A kitchen scales.
1 spoon.
A butter knife.
A food container.
A chopping board.



Overnight Oats



Step 1.



Weigh 40grams of oats in the container using a kitchen scales.

Step 2.



Weigh 100ml/g of milk in the container using the kitchen scales.

Step 3.



Weigh 30grams or two tablespoons of yoghurt.



Overnight Oats



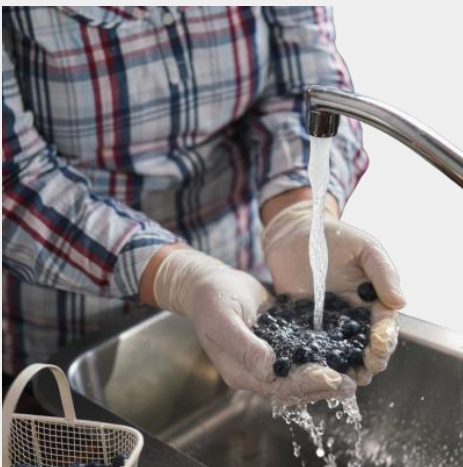
Step 4.

Add half a tablespoon of peanut butter or honey to the container and mix.



Step 5.

Peel and slice a banana and add to the oat mix.



Step 6.

Wash a handful of blueberries.



Overnight Oats



Step 7.

Add your blueberries to the container with the oat mix.



Step 8.

Put your container of oats in the fridge and leave them overnight



Step 9.

Enjoy the next morning for breakfast.