

Overnight Oats

You will need -

- Chopping Board
- Knife
- Fork (depending on your chopping/cutting skills)
- Spoon
- Jars or Pots
- Bowl - for your food waste

Ingredients –

(These are suggestions, you can use other similar ingredients, remember to try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion sizes)

- | | |
|---------------|-----------------|
| Strawberries | Nectarines |
| Porridge Oats | Fat Free Yogurt |
| Dried Fruit | Nuts |

Remember your personal portion sizes for each of the different food groups when choosing and adding your ingredients.

Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands



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Method -

1. On a chopping board use your claw grip or fork hold to cut off the top of the strawberries
2. Use your bridge hold to chop in half
3. Place the flat side of the strawberries on the chopping board and use your claw grip to cut thin slices
4. On your chopping board use your bridge hold to cut your nectarine in half by rolling it to cut all the way round
5. Repeat step 4 to cut the nectarine into quarters
6. Pull the segments away from the stone
7. Use your claw grip to thinly slice the nectarine
8. Use your spoon to add a layer of oats to your pot
9. Add a layer of yogurt
10. Add a layer of fresh fruit
11. To add texture add a fourth layer of dried fruit and or nuts
12. Repeat the layers until you have filled your pot
13. Cover over or add the lid and place in the fridge overnight

Notes -

You could replace some of the ingredients to make different versions such as different fruits or nuts. You could add flavours to your fruits such as cinnamon or ginger.
Eat within 48hrs



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www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme