

## Overnight oats in a jar



### Getting Started

Preparation time: – 10 minutes

Cooking Time: – over night in fridge

Oven Temperature: – none

### Ingredients

Rolled Oats

\* Milk, soy milk, coconut milk, almond milk, oat milk, orange juice

\* Almonds, hazelnuts, walnuts, cashew nuts, flax seeds, chia seeds, raisins, all kinds of berries, fruits like banana, cherries, apples or pears, sunflower seeds, pumpkin seeds, nut butters, coconut flakes, greek yogurt, plain yogurt

### Method

1. Take a glass or a bowl and add a serving of old fashioned rolled oats (basic porridge oats work a treat too). Fill the glass as much as you think you'll be able to eat the next morning (roughly half a cup).



### **Pro Tip**

If you prepare the overnight oats in a sealable glass/jar then you can take it with you to work in case you still run out of time in the morning. No excuses! Pro tip: add 1 tbsp of chia seeds for some omega-3s and even more protein.

2. Now fill up the glass with liquid until the oats are well covered. Possible liquids: milk, soy milk, coconut milk, almond milk, rice milk, oat milk, orange juice. Whatever takes your fancy, really...

3. It's time to add your favourite toppings.

Some ideas include: almonds, hazelnuts, walnuts, cashew nuts, flax seeds, chia seeds, raisins, all kinds of berries, fruits like banana, cherries, apples or pears, sunflower seeds, pumpkin seeds, nut butters, coconut flakes, greek yogurt, plain yogurt, the list goes on.

**If you like any of those suggestions with a little more crunch just add them in the morning.**

4. Refine the overnight cereal with your favourite spices; for example cinnamon, vanilla, cocoa powder, ginger powder, gingerbread spice (perfect in winter!), all work really well.

5. Pop the lid on and put into the fridge over night.