

## Fruity Overnight Oats



You have to make this the day before you want to eat it

## What you will need

### Ingredients:

40g of porridge oats



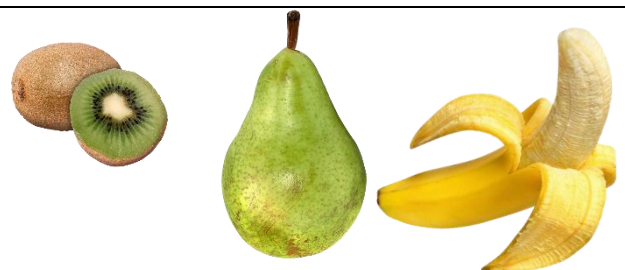
1 big or 2 small pots of your favourite yoghurt



Some berries. These can be fresh or frozen



Some of your favourite fruit to top it off



## What you will need

### Equipment:

Measuring scales



A pot or a glass to make them in.

If you don't have a lid for the pot or glass you can cover it with foil or cling film.



A spoon

A knife

A chopping board



## How to make overnight oats

Always wash your hands before you start making food



Measure out 40g of oats



Using the spoon put a layer of oats in the glass



Put a layer of yoghurt on top of the oats



Put a layer of berries on top of the yoghurt



Put another layer of oats on top



Then another layer of yoghurt on top



Then another layer of berries on top



Cover it over and put it in the fridge



In the morning give the overnight oats a good mix up with a spoon



You can eat them like that or chop some more fruit to put on top

