



OVERNIGHT OATS

The possibilities here are endless! Very Berry Overnight Oats, Carrot Cake Overnight Oats, Apple and Raisin Overnight Oats ... we could go on! This is a great breakfast for children to prepare themselves the night before, and if necessary simply add a splash of milk in the morning and warm for 30-60 seconds in the microwave.

By adding fruit/vegetables to your overnight oats you will sweeten them without having to resort to extra sugar or honey.

Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use balance/digital scales; use measuring spoons and cups; use a box grater safely.

Equipment: Jam jar with lid, weighing scales, measuring jug, measuring spoons, spoon.

Allergens*: Gluten | Milk

** Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*

Ingredients (1 portion of Very Berry Overnight Oats):

- 50 g rolled oats
- 100 ml semi-skimmed milk
- 50ml Greek Yogurt
- 1 tbsp mixed berries, fresh or frozen

Method

1. Pour the oats into the jam jar.
2. Add the milk and yogurt and mix well.
3. Seal and refrigerate overnight.
4. Warm in the microwave, add a splash of milk if necessary and place the berries on top.



Ingredients (1 portion of Carrot Cake Overnight Oats):

- 50 g rolled oats
- 150 ml semi-skimmed milk
- 1/4 tsp vanilla essence
- 1/4 tsp cinnamon
- 1 tbsp raw carrot, grated
- 1/2 tbsp raisins

Method

1. Pour the oats into the jam jar.
2. Add the vanilla essence and cinnamon to the milk, and pour into the jam jar.
3. Add the carrot and raisins and mix well.
4. Seal and refrigerate overnight.

Ingredients (1 portion of Apple & Raisin Overnight Oats):

- 50 g rolled oats
- 150 ml semi-skimmed milk
- 1/4 tsp vanilla essence
- 1/4 tsp cinnamon
- 1 tbsp grated apple
- 1/2 tbsp raisins

Method

1. Pour the oats into the jam jar.
2. Add the vanilla essence and cinnamon to the milk, and pour into the jam jar.
3. Add the apple and raisins and mix well.
4. Seal and refrigerate overnight.



OVERNIGHT OATS Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

Energy, sugar, fat and salt per serving

Per 230g serving of Very Berry Overnight Oats

ENERGY	1313kJ / 312kcal	16%
FAT	9.3g	13%
SATURATES	4.0g	20%
SUGARS	8.4g	9%
SALT	0.2g	3%

% of an adult's reference intake
Typical values per 100g : Energy 571kJ / 136kcal

So, thinking about overnight oats

Milk is a great source of calcium and protein. Semi-skimmed and skimmed milks contain all the important nutritional benefits of milk, but are lower in fat.

Oats provide starchy carbohydrate, which gives us slow-release energy, and are a good source of fibre, vitamins and minerals.

Fruit is generally low in fat and calories and high in fibre. Fruit offers an array of important vitamins and minerals, and also contains phytochemicals which may help protect our bodies against diseases.



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Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage