

Overnight Oats



The Royal Highland Education Trust

Patron HRH The Princess Royal

RECIPE

WHAT YOU WILL NEED

Porridge oats
Raisins (or other dried fruits)
Milk (or apple juice)
Honey

This recipe is very flexible - as long as you have the oats and a liquid you can amend it to have all sorts of different ingredients. Stewed apple, grated carrot and cinnamon are some examples.

EQUIPMENT

Cups to put ingredients into, spoons for measuring
Beakers (1 per child)

HOW TO MAKE IT

There is a simple oat based recipes which can be used in schools - no cooking facilities required
The recommended portion for a breakfast cereal is 30g so the following ingredients provide around 1 portion.

1. Give each pupil a beaker
2. Into the beaker measure 5 heaped desert spoons of porridge oats, 1 desert spoonful of dried fruit and a drizzle of honey
3. Then pour on the milk to come up just over the level of the dry ingredients
4. Sit the beaker in the fridge overnight and eat for breakfast the following morning

TIPS

Beware of allergies particularly gluten allergies. Although oat gluten is different to wheat gluten, not all oats are gluten free so it's best to steer clear of using oats where there are gluten allergies.
Squeeze bottle honey is easier to use and you don't need to use spoons, which results in less honey being wasted.

To minimise waste, try and avoid using disposable cups.

If you are using fresh fruit or vegetables grate them to get small pieces that can absorb the liquid

HEALTH & SAFETY

Ensure hands are washed before preparing any food.

Where the oats need to soak overnight this should be done in the fridge and not just on the worktop.
The overnight oats should not left for longer than a day.

Food not eaten should be composted.