

BREAKFAST

OVERNIGHT OATS



SHOPPING LIST:

- 50g Wholegrain oats
- 2 tablespoons Peanut butter
- handful of frozen mixed berries
- sprinkle of Sunflower seeds
- milk
- Honey (optional for the top)

COSTINGS: *70p per serving

NUTRITIONAL INFORMATION:

Calories: 409 |
Carbohydrates: 37g |
Protein: 17g | Fat: 20g |
Saturated Fat: 4.3g |
Sodium: 0.35g | Fibre: 7.9g
| Sugar: 13g

Overnight oats are a great source of fibre and protein, which will help to keep you feeling fuller for longer. The mixed berries are loaded with antioxidants and vitamins. Peanut butter is a great source of healthy fats and protein, along with the nutrients from milk, this

recipe makes a perfect nutrient rich breakfast.

Preparation time:	Cook time:	Servings:
10 mins	0 mins	2

DIRECTIONS:

1. Find an old jar or a glass you can use. Begin by layering the jar, starting with a layer of oats	2. Continue to layer the jar, oats then a spoonful of peanut butter then mixed berries, repeat this until it is almost full.
3. Fill the jar with milk. Add a sprinkle of sunflower seeds and honey to the top	4. Leave in the fridge overnight and enjoy in the morning!

*Average supermarket pricing as of March 2021

Christchurch Food Festival Education Trust: Charity Number 1127292

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