

EASY OVERNIGHT OATS 4 WAYS

Chocolate Orange

Serves 1

Ingredients

- ½ cup Oats Original or Instant
- ½ cup full cream yoghurt
- ½ cup Cappy Orange Mango
- ¼ - ½ tsp cocoa powder
- 1/3 – ½ cup orange segments

Method

1. Pour the Oats into a glass jar.
2. Add the yoghurt along with the fruit juice and mix until combined.
3. Sprinkle in the cocoa powder and mix.
4. Chop up the orange segments and place this on top of the oats mixture.
5. Put a lid on the jar and refrigerate overnight. (The jar can be kept in the fridge for up to five days – so you can prepare one for each day of the week if you'd like.)
6. Enjoy!

Apple Cinnamon


Serves 1

Ingredients

- ½ cup Oats Original or Instant
- ½ cup full cream yoghurt
- ½ cup Cappy Apple
- ¼ tsp ground cinnamon
- ½ cup green apple

Recipe:

1. Pour the Oats in a glass jar.
2. Add the yoghurt along with the fruit juice and mix until combined.



3. Sprinkle in the cinnamon and mix.

4. Chop the apple up into cubes and place on top of the oats mixture.

5. Put a lid on the jar and refrigerate overnight. (The jar can be kept in the fridge for up to five days – so you can prepare one for each day of the week if you'd like.)

6. Enjoy!

Mixed Berry

Serves 1

Ingredients

½ cup Oats Original or Instant
½ cup full cream yoghurt
½ cup Cappy Breakfast Blend,
1 tbsp almonds, chopped
1/3 – ½ cup mixed berries

Method

1. Pour the Oats in a glass jar.

2. Add the yoghurt along with the fruit juice and mix until combined.

3. Sprinkled in the chopped almonds.

4. Add the berries on top of the oats mixture.

5. Put a lid on the jar and refrigerate overnight. (The jar can be kept in the fridge for up to five days – so you can prepare one for each day of the week if you'd like.)

6. Enjoy!

Tropical Pineapple

Serves 1

Ingredients

½ cup Oats Original or Instant
½ cup full cream yoghurt
½ cup Cappy Tropical
½-1 tsp desiccated coconut
1/3 – ½ cup pineapple, cubed 1cmx1cm



Method

1. Pour the Oats in a glass jar.
 2. Add the yoghurt along with the fruit juice and mix until combined.
 3. Sprinkle in the coconut and mix.
 4. Chop the pineapple up and place on top of the oats mixture.
 5. Put a lid on the jar and refrigerate overnight. (The jar can be kept in the fridge for up to five days – so you can prepare one for each day of the week if you'd like.)
 6. Enjoy!
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