



BREAKFAST JARS

EQUIPMENT:

- Jam jar/kilner jars
- Chopping board
- Chopping knife
- Spoons

TOP TIPS:

Add different ingredients such as coco powder, honey, cinnamon etc.

INGREDIENTS:

- Old fashioned rolled oats/basic porridge oats
- Selection of frozen fruit possibly blueberries/mango/apples
- Milk
- Natural yogurt/Greek yogurt
- Honey
- Cinnamon

PREP TIME:

- 20 minutes

METHOD:

1. Spoon a layer of porridge oats in jar.
2. Add milk/yogurt to cover layer of oats.
3. Add a layer of frozen fruit.
4. Add another layer of oats and add milk/yogurt.
5. Repeat until jar is full.
6. Screw shut and leave in the fridge until the morning.