

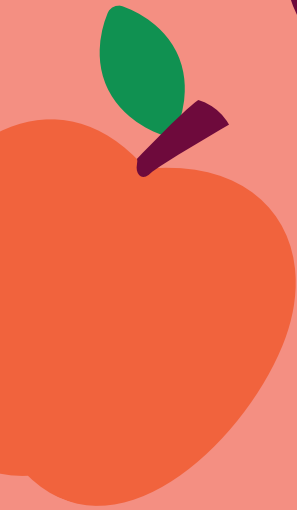
**FULL
TIME**

GET COOKING WITH
MARCUS AND TOM



This week, let's fill up on...

OVERNIGHT OATS



38

OVERNIGHT OATS

SERVE
2

DONE IN
15



INGREDIENTS

- 2 apples
- ½ mug of rolled oats
- ½ mug of milk
- A pinch of cinnamon
- 4 tbsps raisins
- ½ mug of natural yoghurt



MY GO-TO

A brilliant breakfast that you can get ready the night before to take the stress out of a busy morning! Overnight oats are a super filling way to energise your day.

METHOD

01

Start by grating the apples on the coarse side of a box grater.

02

Pour the oats into a large container, then add the milk, grated apple, cinnamon, raisins and yoghurt.

03

Give it all a good stir and then cover the container with a lid or cling film. Pop it in the fridge overnight to let the oats soak up the milk.

04

The next day, remove the lid and give the oat mix a stir. Spoon into bowls and tuck in!

THANKS FOR YOUR SUPPORT



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Find out about the Healthy Start Voucher Scheme at www.endchildfoodpoverty.org

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