

Oats



Health Benefits

- Whole grain and an excellent source of fibre.
- Can lower cholesterol level, improve blood sugar control and good source of energy in the morning.

Storage

Unopened dry oatmeal should be stored in a cool, clean and dry place. Opened oatmeal ought to be stored tightly covered in a resealable plastic bag or in a sealable container. Best to use within one year.

Preparation

Bring 1 cup water (or milk) to boil in a small saucepan. Stir 1/2 cup of oats and reduce heat to medium; cook uncovered, stirring occasionally, for 5 minutes. Remove from heat, cover and let stand 2-3 mins.

Overnight oats is a no-cook oatmeal method where you soak oatmeal in milk or water for at least 2 hours or overnight.



Oats



Overnight apple pie oatmeal

Ingredients:

- 1/2 cup oats
- 1/2 cup milk or water
- 1/2 cup yogurt
- 1/4 teaspoon ground cinnamon (optional)
- 1 apple (cored, finely chopped or grated. You can leave the peel on or not, your choice)

Directions:

1. In a small jar, mix oats with milk and yogurt.
2. Stir in apple and cinnamon if using or layer these if preferred.
3. Put lid on jar and place in fridge overnight.
4. Ready for breakfast in the morning.
5. Enjoy!
6. Next time try a different fruit such as pear, banana or frozen blueberries.

Servings: 1

*Recipe inspired from cookspiration.com

