



Overnight Oats Recipe

Preparation Time	10
Cooking Time	485
Serving Size	4

Ingredients:

- 2 cup oatmeal
- 1 1/2 cup milk, fresh
- 125 g yoghurt
- 1/4 cup honey
- 1 can DEL MONTE Fiesta Fruit Cocktail (432g), drained
- 1 1/2 tsp almonds, sliced

Preparation:

1. In a bowl, mix oatmeal and milk. Let sit overnight in the refrigerator.
2. Combine oatmeal mixture, yoghurt, honey and DEL MONTE Fiesta Fruit Cocktail.
3. Serve with sliced almonds on top.

Chef's Tip

For this recipe, it is good to use fruit-flavored, low-fat yoghurt to add more flavor without adding fat.

Lusog Notes

This delicious breakfast recipe is rich in calcium that is needed to make the bones and teeth strong. It is also a source of vitamin C that helps heal cuts and wounds and keeps gums healthy.

Cooking Skills Needed

- Mixing

Cooking Tools

- Scooper