



Piña Colada Overnight Oats Recipe

Preparation Time	10
Cooking Time	483
Serving Size	2

Ingredients:

- 1/2 cup milk, low-fat
- 1/4 cup condensed milk
- 1/2 cup coconut milk
- 1 can DEL MONTE Crushed Pineapple (227g)
- 1 cup rolled oats
- 1/4 cup cashew nuts, toasted, roughly chopped

Preparation:

1. In a bowl, combine all ingredients except cashew nuts.
2. Place in the chiller overnight.
3. Top with cashew nuts. Serve.

Chef's Tip

Add the cashews at the last minute to keep them crunchy.

Lusog Notes

This dish is rich in calcium, which is important for the formation and maintenance of strong bones and teeth. It is also high in vitamin B2 that helps to release energy from food.

Cooking Skills Needed

- Mixing

Cooking Tools

- Measuring Cups
- Chopping Board
- Measuring Spoon