



Maintain a healthy diet is vital for your child's overall wellbeing.

Overnight Oats!

Serves 1 (for more multiple by the number of family members you are preparing it for)



Method:

Simply mix the oats, milk and yoghurt together in a bowl. Transfer to your chosen container, close the top and give it a shake. Place in the fridge overnight. The oats absorb the liquid and soften overnight, turning into porridge by morning! If the porridge is too thick, simply add some extra yoghurt or milk. Finally, add the toppings of your choosing to your finished overnight oats! See some of our favourite toppings below.

Check out the Early Start Nutrition blogs and recipes! Links are below 📌

Early Start Nutrition webpage and social media as they have lots of great tips and amazing recipes:

<https://www.earlystartgroup.com/nutrition/>

See NHS change4life for healthy recipes and food facts:

<https://www.nhs.uk/change4life/recipes>

<https://www.nhs.uk/change4life/food-facts>

NHS Eat Well Guide:

<https://www.nhs.uk/live-well/eat-well/>

[the-eatwell-guide/](https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/)