



Nammilk Low-Fat Overnight Oats

Product

Nammilk Low-Fat UHT Milk

Description

Prep in minutes and wake up to something good. This easy low-fat overnight Nammilk oats recipe is a simple breakfast win to start your day.

Ingredients

- ½ cup rolled oats
- ¾ cup Nammilk Low-Fat UHT Milk
- 1 tsp honey or maple syrup (optional)
- ½ tsp vanilla essence
- ¼ tsp ground cinnamon
- Fresh fruit for topping (banana slices, strawberries or blueberries)
- A sprinkle of chopped almonds or walnuts (optional)

Instructions

1. In a jar or airtight container, combine the rolled oats, Nammilk Low-Fat UHT Milk, vanilla essence, cinnamon and honey (if using).
2. Stir well until all the ingredients are evenly mixed.
3. Cover and refrigerate overnight, or for at least 6 hours, allowing the oats to soften and absorb the milk.
4. Before serving, give the oats a good stir and add a splash of Nammilk Low-Fat Milk if you'd like a creamier consistency.
5. Top with your favourite fresh fruit and a sprinkle of nuts for added crunch.
6. Enjoy straight from the jar or transfer to a bowl for a wholesome breakfast.