

Overnight Oats with Orange and Pomegranate

You will need:

Porridge Oats

A liquid to soak them in – Fruit Juices, Milks, non-dairy milks

Additions to the porridge mix – seeds, nuts, flavorings e.g. vanilla, cinnamon etc.

Toppings for the porridge – fruits, nuts, seeds, sauces e.g. honey

Method:

Place your oats in a container

Cover the oats with the liquid, e.g. Apple Juice, until the oats are just covered, don't add too much liquid as it will not soak it up. You can always add more liquid at the time of serving. Add in seeds, nuts, or flavoring to your liking. Mix up and cover

Leave the oats in a fridge overnight

The following morning, add more liquid if you like but the mix will have turned into consistency of porridge and the oats will be soft.

Place into a serving bowl, and top with fruits or any other toppings.