

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S OVERNIGHT OATS

 **Prep: 5 minutes**

 **Cook: No Cooking**

 **Makes: 1**

INGREDIENTS:

- 50g jumbo oats
- 150ml milk (dairy, almond or oat)
- Pinch **LoSalt** (66% less sodium than regular salt)
- Handful raspberries or blueberries
- Drizzle of runny honey
- Sprinkle cinnamon

METHOD:

1. Over a gentle heat, warm the oats and majority of milk (set aside a tablespoon's worth) for 2 mins.
2. Add a pinch of **LoSalt**.
3. Add the fruit (save a bit for the topping at the end!).
4. Continue to warm through whilst 'mushing' the fruit as it softens.
5. Set aside, meanwhile, pour the tablespoon of milk into your glass or jar.
6. Add a drizzle of runny honey and a sprinkle of cinnamon.
7. Now spoon in the oat mixture.
8. Top with the little extra fruit and another drizzle of honey.
9. Pop in the fridge until morning.