



APPLE PIE OVERNIGHT OATS (SERVES 2)

INGREDIENTS

1 cup oats

1½ cups milk (reduced fat variety, if available)

2 tablespoons chia seeds

1 cup yoghurt (reduced fat Greek Style yoghurt, if available)

1 teaspoon cinnamon powder

2 apples (sliced)

3 to 6 walnuts (chopped)

4 to 8 almonds (chopped)

UTENSILS

Measuring cups

Tablespoon

Teaspoon

Knife

Chopping board

Container with lid

Bowls

Spatula/Spoon

Refrigerator



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METHOD

1. Add the oats, milk, yoghurt, cinnamon powder and chia seeds in a bowl and stir well until combined.
2. Place the mixture in a container with a lid and leave the in the fridge for at least 4 hours or preferably overnight.
3. When you are ready to serve, slice the apple and remove the core. chop the walnuts and almonds.
4. Remove the mixture from the fridge and distribute evenly in to bowls.
5. Top mixture with sliced apple, chopped walnuts and almonds to serve.

FOR MORE INFORMATION

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