

Ingredients

Serves 1, 10 or 50

	1 SERVE	10 SERVES	50 SERVES
Rolled oats	30g ($\frac{1}{4}$ cup)	300g	1.5kg
Greek yoghurt	100g	1kg	5kg
Apple juice	40mL	400mL	2L
Seeds (e.g. pepita or sunflower)	10g (1 tbs)	100g	500g
Fruit (fresh, frozen or tinned)	To serve, approximately $\frac{1}{2}$ -1 cup per person.		



A quick and easy recipe with no cooking required.

Method

1. Place oats in a large bowl or tray. Add yoghurt and apple juice and stir to combine. Cover with cling film and place in the refrigerator overnight.
2. In the morning, remove cling film and stir oat mixture. Distribute evenly amongst serving bowls and top with seeds/nuts and fruit. Serve cold.

Nutrition, hints and tips

- Rolled oats are rich in fibre, protein and low GI carbohydrates, making them a sustaining breakfast choice.
- Serving oats cold is a refreshing alternative to porridge during the warmer weather. Soaking them overnight helps them to soften and means additional cooking time is not required.
- Greek yoghurt is thicker than regular yoghurt, often higher in protein and is a great source of calcium to keep bones strong.
- Pepita and sunflower seeds are a good source of fibre, protein, healthy unsaturated fats as well as a range of vitamins and minerals. Not suitable for Texture Modified diets.

- Ideas for variations include:
 - Use vanilla or fruit flavoured Greek yoghurt instead of plain.
 - Top with an extra dollop of yoghurt when serving.
 - Try a variety of nuts and seeds such as walnuts or pecans.
 - Serve with a variety of fruits such as fresh blueberries or strawberries, fresh mango, tinned peaches and pears, poached apricots or grated apple.
- Great served as a mid-meal snack.
- Milk powder or high protein nutritional supplement (neutral or vanilla flavoured) can be mixed in with the Greek yoghurt before soaking overnight for residents requiring extra protein and energy.