



LIVE  
LIFE  
WITH  
A  
LITTLE  
SPICE

# NUTRITIOUS BREAKFASTS

5 INGREDIENTS

IN 5 EASY STEPS

NO FIRE NO COOKING REQUIRED

Instant or quick cook Oats

Fresh milk or hot water

Fresh fruit or dried fruits

Nuts of choice

Spice : cinnamon sugar or nutmeg



## Benefits of Oats

- Highly nutritional
- Loaded with minerals
- Lower cholesterol levels
- Rich in antioxidants
- Improve blood sugar level
- Not so easily digestible→ make you feel full longer



# 5 Easy Steps...





**Keep in fridge overnight... at least 8 hours**



**Overnight oats ready to eat**



# Let's be creative

- Replace the ingredients to your preference
- Raisins can be replaced with dates, cranberries or fresh fruits
- Cashew nuts can be substituted with almonds, ground nuts or more fruits
- Nutmeg can go with cinnamon or cinnamon sugar
- If plain milk is not tasty enough, go with chocolate or banana milk OR if you want to have it right away... add **HOT** water



Your turn to...

make and have a nutritional breakfast

Due to time constraints, we will use 1 cup of hot water and half cup milk. Add to the ingredients available at your stations.

***ENJOY!***