



COOKING TOGETHER . . .

HEALTHY BREAKFAST POTS

Always rushing in the morning – prepare this the day before . . .

Ingredients

Low fat or fat free yogurt or Greek style yogurt

Strawberries

Blueberries

Bananas

Plain porridge oats

Or any preferred fruit, frozen fruit can also be used.

Equipment needed

Bowl and spoon to mix

Plastic tub or sandwich box with lid to store over-night.

Method

Best prepared the day before and kept in the fridge.

Mix all the ingredients in the bowl.

Place into the tub, lid and chill.

This will keep for a couple of days in the fridge, so make plenty.



Enjoy this simple breakfast treat.

Send in your photographs to stclaresabbey@gmail.com