

KILNER STRAWBERRY CHEESECAKE OVERNIGHT OATS RECIPE

Ingredients

- 50g Instant Oats
- 1 Tbsp Chia Seeds
- 1 Pot Fat-free Vanilla Yoghurt
- 35g Light Cream Cheese
- 1 Tsp Vanilla Extract
- 6-8 Fresh Strawberries

Equipment

- Measuring Utensils
- Mixing Bowl
- Kitchen Knife
- Kilner Jar

Method

1. In a bowl, thoroughly mix the vanilla yoghurt, vanilla extract and cream cheese.
2. Using a knife cut and add half of the strawberries to the mixture.
3. Using the Kilner measuring cup lid (or alternative measuring tools) measure out 50g of oats and add half into your Kilner Jar along with half of the cheesecake mixture.
4. Continue and add the other half of the oats on the top and then the rest of the mixture. This will enable all of the oats to be properly soaked.
5. Proceed to add the other half of the oats on top, then the rest of the mixture. The layers will allow all of the oats to be properly soaked by the mixture.
6. Add the remaining strawberries on top and place the on top. Store in the fridge overnight and enjoy.