



# Fruity Oat Pots

## Ingredients (Serves 4):

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|--|----------|
| * Rolled oats                            | 1 ¼ cups |
| * Plain yoghurt                          | 500g     |
| * Desiccated coconut                     | ½ cup    |
| * Mixed seasonal fruit (fresh or frozen) | 1 ½ cups |

## Method:

- \* Heat fruit in a pan until pureed
- \* Layer all ingredients in a pot - oats at the bottom, then yoghurt, pureed fruit, desiccated coconut and fresh fruit on top
- \* Alternatively, serve all ingredients deconstructed and allow children to create their own oat pots!

