

# PPLD Young Adult Services Tutorial:

## Just-Right Porridge

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### Description:

Make overnight oats! An easy and adaptable recipe - whether you like them warm, or cold, or just right!

### Supplies:

¼ cup measuring cup  
tablespoon  
teaspoon  
cutting board  
knife  
two jars, 8 ounces or larger, with sealing lids  
1 cup oats  
1 ½ cups of any milk  
2 tablespoons any sweetener  
2 teaspoons chia seeds (optional)  
1 apple  
¼ teaspoon cinnamon  
2 tablespoons peanut butter  
2 teaspoons cocoa powder  
2 tablespoons chocolate chips (optional)  
2 tablespoons peanuts (optional)

### Link to Video Tutorial:

<https://youtu.be/k0i6VtMa6ms>

### Instructions:

#### Basic Overnight Oats:

1. Wash your hands.
2. Assemble your ingredients: ½ cup oats, ¾ cup any milk, 1 tablespoon sweetener, 1 teaspoon chia seeds (optional)
3. Add all ingredients to a jar, and shake.

#### Peanut Butter Chocolate Overnight Oats:

1. Start with Basic Overnight Oats and add: 2 tablespoons peanut butter, 2 teaspoons cocoa powder, 2 tablespoons chocolate chips (optional), and 2 tablespoons peanuts for topping (optional).
2. Add all ingredients to the jar, and shake.
3. Chill for 8 hours or overnight.

#### Apple Cinnamon Overnight Oats:

1. Start with Basic Overnight Oats and add: ½ apple (diced) and a few dashes or a ¼ teaspoon of cinnamon
2. Add all ingredients to the jar, and shake.
3. Chill for 8 hours or overnight