Ingredients

Honey Toasted Oats:

- Oven on at 225c
- 250g Jumbo Oats
- 1 tablepsoon butter
- 2 tablespoons runny honey
- 1 tablespoon soft brown sugar
- 2 drops of vanilla extract

- Compote:

- 1kg plums or damsons(de-stoned)
- 100ml water

info@eat-live-sleep.com
www.eat-live-sleep.com

Prep time - 10 mins
Cooking time - 10 mins

Method

Honey Toasted Oats:

1. Melt butter, sugar, honey & vanilla in a microwave for 10 seconds.
2. Mix the jumbo oats until all covered!
3. Bake in the oven on greaseproof paper for 5 minutes, take out, shake and put back for 5 minutes more!

Let this cool completely & store in a dry air tight jar.

Prep time - 10 mins
Cooking time - 30 mins

Method

Compote:

1. In a heavy bottomed pan put the fruit & water and stew down for 30 minutes.
2. Stir occasionally so it doesn't stick and help the compote along by squashing the fruit.

Leave it to cool, store in jars in the fridge.

Serve with yoghurt!