🥣 Overnight Oats Lab · Get Ready

Culinary 1 · Unit 8 · Level 1 · before Intro to Grains (eat them the next class)



Name: _____

👥 My job. Circle it.

 **Head Chef** I read the card.	 **Measurer** I measure.	 **Mixer / Cook** I mix and cook.	 **Clean-Up Captain** I clean up.

🧰 Get the tools. Check ☐.

- ☐  Jar with a lid (16 oz)
- ☐  Measuring cups
- ☐  Measuring spoons
- ☐  Spoon
- ☐  Label + marker
- ☐  Fridge

🧺 Get the food. Check ☐.

- ☐  rolled oats (old-fashioned)
- ☐  milk
- ☐  Greek yogurt
- ☐  chia seeds
- ☐  honey or maple syrup
- ☐  vanilla
- ☐  fruit
- ☐  peanut butter or nuts
- ☐  cinnamon

⚠️ Be safe!

❄️ Jar in the fridge!

🏷️ Name on my jar.

🧼 Wash hands.

🧼 Before we cook

☐ 🧼 Wash hands ☐ 🥼 Apron on ☐ 👱 Hair back ☐ 📵 No phone