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happy new year!

Welcome to the January issue of The Knowle & Dorridge Directory.

So if one of your new year's resolutions is to try new things then check out our local events page to see what's happening in the area, including folk dancing and a ballroom dancing workshop.

Or if you're not feeling quite so active, check out what's coming up at the cinema and the Core Theatre this month (see page 11). There's some great new films and shows out and it's nice to get out the house and beat those Winter blues!

The Knowle and Dorridge Directory is also full of local suppliers who can help you with anything from plumbing, plastering and pilates to drives and dentists, and many other things in between! They are all based locally and would love your support.

Wishing you all a happy and healthy 2018.

Zoe

Zoe Reece

Tel: 07557 220585

Email: zoe@dorridgedirectory.com

www.knowleanddorridgedirectory.com



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community events

Friendly Folk – folk dance group

Elmdon Heath Community Centre,

Cornyx Lane, Solihull, B91 2SF

Monday evenings:

7.45 – 10.15pm

Folk dance group established in Solihull for 30 years. Folk dancing is an activity which combines physical and mental exercise in a sociable atmosphere. Friendly Folk welcomes newcomers of any, or no, experience, with or without a partner. Cost £3.50 per week, 1st week free. Call 0121 444 1492 for more details.

Solihull Energy Healing Group

Byron Room, Core Library, Solihull

2nd and 4th Saturday of every month from 27th January

We are a small group of healers who have been offering one-to-one drop-in sessions of about 25 minutes of energy healing to the public for Relaxation and Stress Relief. The sessions are FREE but donations are gratefully accepted to cover our costs. Call 0121 704 3735 for more information.

Well Being Taster Afternoon

Solihull Well Being Clinic,

15 Highfield Road, Hall

Green, B28 0EL

Saturday 27th January 1-4pm

See in 2018 with some excellent taster treatments - choose from reflexology, tai chi, reiki healing, mindfulness, acupuncture, indian head massage or meditation. For just £15, we will offer you TWO TREATMENTS (lasting 15 mins each), to really put the bounce into your step, as you start off the New Year. Places are limited, so book soon (0121 777 1675) to avoid disappointment.

Mum2Mum Market

Renewal Family Centre, Vulcan

Road, Solihull B92 2JR

Saturday 27th January

10.30am – 12.30pm

We offer sellers the chance to de-clutter and make some money from outgrown baby and children's items and the chance for buyers to grab some amazing bargains. £2 entry for adults, children are free. Visit www.mum2mummarket.co.uk for more details.

Model Railway Exhibition

St Mary's Church Hall,

Hobs Meadow, Hobs

Moat, Solihull B92 8PN

Saturday 10th February

10am – 4pm

G scale indoors plus guest layouts in other scales over 2 halls. Trade support. Refreshments available. Free parking. Adults £3, children (5-16 years) £1. For more details please visit www.gscalesociety.com



Strictly Ballroom Dance Workshop

Saturday 17th February

11am -3.30pm

Land Rover Sports & Social

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If you've always wanted to learn all the fabulous dances seen on TV, but don't have time to commit to a weekly dance class then Donahey's Learn to Ballroom Dance in a Day workshop is for you! With 4 hours of expert tuition geared towards absolute beginners, you'll enjoy learning some of the most popular ballroom dances seen on BBC Strictly Come Dancing. You'll learn the Waltz, Foxtrot, Cha Cha & Jive. To book please visit www.donaheys.co.uk/classes/learn-to-dance-in-a-day/

KNOWLE LIBRARY

- **Jellybeans** - held monthly on a Thursday morning for story-time and rhymes for the under 5's
- **Alphabet Club** - and story-time session for the under 5's, held on alternate Mondays at 2 - 2.30pm
- **Knowle Readers Circle** - meet monthly on Fridays at 2.15pm
- **Knowle Society** - available each Saturday morning for

local history enquiries

- **Under-fives Rhyme Time** - every Friday at 2pm
- **Coffee mornings** - on the first Thursday of the month at 10.30 - 11.30am
- **New monthly Saturday Craft Club** - for ages 10 - 12 years at 11am - 12noon

www.solihull.gov.uk/Resident/Libraries/Find-a-library/knowlelibrary



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a taster of what's on in january & february ...

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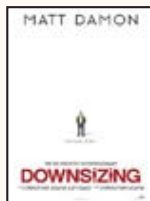
The Post from 19th January

'The Post' chronicles the efforts of the Washington Post's publisher and editor to get the Pentagon Papers – classified documents about a US government cover-up of its actions in Vietnam – published. Steven Spielberg marshals an all-star cast including Tom Hanks and Meryl Streep for this incredible true story about fighting for the truth at all costs.



being hugely beneficial for the environment, money goes much further in a downsized world, and the promise of a better life is too much to pass up. As Paul and Audrey move in to their new community, little do they know that life-changing adventures are in store for them.

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THEATRE

The Core Theatre, Solihull
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Coco from 19th January

'Coco' follows the adventures of a 12-year-old boy named Miguel, who finds himself in the Land of the Dead while on a quest to prove his talent as a musician. His family has banned music for generations, but Miguel is determined to defy them. But when he's magically transported to the vibrant and colourful Land of the Dead, he sets out to discover the true story of his family's history.



Blake Friday 26th January

Hot on the heels of Il Divo and Collabro, British award-winning Blake return with another uplifting show of fabulous harmonies. Inspired by the lush trio harmonies of The Three Tenors and The Bee Gees they'll perform from their pop classical albums with an eclectic mix of classical, pop, rock and musical harmony plus their super on stage banter.

Magical Mozart Wednesday 31st January

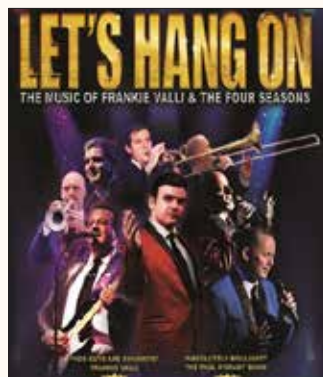
From the producers of A Viennese Strauss Gala, this sumptuous fully costumed show immerses us in the wonderful music and the classical baroque world of one of the world's



greatest romantic composers. With beautiful settings, costumes, lighting, and of course candles, the European Baroque Ensemble and world class opera singers transport you back to the sumptuous past.

Let's Hang On Friday 2nd & Saturday 3rd February

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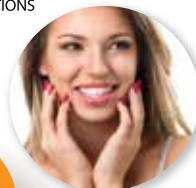
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fit not thin in 2018

Many people will resolve to lose weight in 2018. But what if we're looking at it all wrong? Maybe a better resolution is to get fit. I'm not saying you shouldn't

aim to lose weight. If your knees buckle when you stand up or you have a family history of cardiovascular disease maybe you should. Obesity is linked to cardiovascular disease but lack of fitness also plays a role. Tackle your fitness and you may also tackle the obesity. And it's way more fun than dieting!

If society paid more attention to fitness rather than weight loss, we'd have less obesity. If we focussed on how far we could run or how many push-ups we can do, we'd naturally be more active and less obese.

The fitter you get the more you want to eat nutritious food because it helps you get fitter. It's positive reinforcement. Let's be honest, society is horribly biased against fat people. But if fitness was the Holy Grail we wouldn't automatically assume that not-thin equates to not-healthy. We need to stop being obsessed with weight-loss and thinness.

Everyone would be healthier if they aimed for fitness rather than thinness. Even if overweight people stay overweight, they still get all the protective benefits of exercise. And there are many thin people who are terribly unfit. Thin does not always equate to healthy, in spite of popular myth. If you aim for fitness you will probably lose weight and gain confidence. I know which route I'm going to take!



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burns night

Robert Burns was a Scottish bard, born in 1759 who wrote many poems and lyrics during his life. His most famous work is probably Auld Lang Syne, sang at New Year and which translates as 'times long past'. Burns is one of Scotland's most important cultural icons as many of his works addressed the political and civil issues of the time.

Robert Burns' friends and acquaintances held the first Burns supper on July 21, the anniversary of his death, in the late 1700s. This date was later changed to January 25th, which marks his birthday. Burns suppers gradually became a tradition and are now held by people and organizations with Scottish origins worldwide.

At Burns Night events, many men and women wear kilts or other clothes made from their family tartan. At the centre of the supper is the

haggis, which brought to the table to the tune of bagpipes. For the uninitiated haggis is a savoury pudding containing 'sheep's pluck' (the heart, liver, and lungs of the animal) which are minced with onion, oatmeal, suet, spices, stock and salt, then encased in the animal's stomach - though artificial casings are more commonly used now. It can be baked or boiled and although it sounds quite revolting is surprisingly delicious, at least to this author! It's served with a whisky sauce and some neeps and tatties - a mixture of swede and potato which works beautifully with the rough, oaty haggis. Cranachan is the traditional desert of cream, raspberries and oatmeal. It should all be washed down with a good whisky.

Have a great Burns night. Gun cuireadh do chupa thairis le slainte agus sonas. (Translation: May your cup overflow with health and happiness)

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a good read

reviews By Willow Coby

The Earth Hums in B Flat

by Mari Strachan

Gwenni Morgan is twelve, and every night she flies in her sleep – over the town and the countryside around, looking down on familiar and not so familiar scenes. She thinks she remembers flying while awake as a small child, but somehow she has lost the ability to do so, no matter how hard she tries. And she daresn't try too hard, because Mam doesn't like any reminders that Gwenni might not be the same as everyone else. Set in rural Wales in the 1950s, Strachan's debut novel follows Gwenni as the disappearance of a local man begins a chain of events, which reveal some of the secrets that lie under the surface of everyday life.

The novel works in a number of ways. On the one hand, it is at times a darkly comic portrayal of small town Wales. On the other, it is a story about families, their secrets and the after effects of war. What holds these strands together is Gwenni herself as narrator, who sees more than she understands, and whose innocence is captured perfectly in Strachan's often understated prose style.

The supporting characters are equally well drawn – from highly strung Mam, to kind, patient Tada, from the mysterious Auntie Lol, to Alwenna, Gwenni's best friend, old beyond her years and 'with no shame!' Although the solution to the main mystery of the story is clear to the reader from the outset, Strachan holds back just enough to keep us guessing at the other strands which she brings together for the conclusion – I guarantee she will keep you reading until the end.



Clown

by Quentin Blake

Can you tell a story without words? Well, Quentin Blake can, and in *Clown* he does.

The book consists entirely of illustrations, in Blake's well loved and instantly recognisable style. Our hero, Clown, finds himself thrown into the dustbin, along with a number of other toys. He escapes, dusts himself off, and sets out to find someone

who can help him to rescue his friends. Along the way he finds himself in a fancy dress competition, entertaining a rather fierce looking dog, and possibly finding himself a home – all without words. The beauty of the story is that while Blake's illustrations carry the narrative forward, the reader can choose their own way of telling it. No two versions are ever the same, as each child brings to the book their own language and rhythms. *Clown* himself is wonderfully expressive, and the pictures are enough to have you laughing out loud in several places.

An absolutely marvellous book, which every child should read – and which every adult will enjoy too.



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fundraising for coastal safety

Last year while holidaying near Salcombe I witnessed real-life lifeboat rescue. I was humbled by the professionalism of the crew and realised that living inland I had never really thought about lifeboats before. Afterwards I spoke to a crew member. He told me that countrywide on average there are 24 call-outs per day so there is a good chance that while you are reading this a lifeboat crew is in action somewhere on our coast.

British and Irish coastal waters can be treacherous. During the 18th century around 1,800 ships were wrecked around the coasts of Britain and Ireland – everyone who put to sea accepted the risk and assumed there was little anybody could do to save lives.

A London coachbuilder, Lionel Lukin, paved the way for the first purpose-built lifeboat when he designed the world's first unsinkable boat in 1785.

Lukin wanted to improve boat-safety and experimented with a Norwegian yawl (a sailing dinghy) on the River Thames. Lukin incorporated pockets of air in watertight bulkheads, used cork and other lightweight materials in the structure, and included a false iron keel for additional weight to help keep the boat upright.

In 1786 Lukin was commissioned to convert a coble - a type of fishing boat - into an 'unimmergible' lifeboat for Bamburgh. The result was the first known 'lifeboat', and Bamburgh Castle thus became the first lifeboat station.

In 1789 a ship named Adventure ran aground at the mouth of The River Tyne during a violent storm. The sea was too rough for the local men and their boats, so people had to stand by helplessly as Adventure's crew drowned.

South Shield's private Law House committee



launched a lifeboat design competition with a reward of 2 guineas (around £2.10) for the best design. A parish clerk called William Wouldhave and a boat-builder called Henry Francis Greathead both entered. Wouldhave's design was for a boat made out of copper and cork that would right itself in stormy seas. Greathead's model was built out of wood and was an excellent design, though it didn't self-right.

As neither design was an outright winner the committee blended ideas from both to produce a final lifeboat design. The entrants were offered half the prize money each. William Wouldhave took offence and rejected the offer. So Henry Greathead was asked to build the lifeboat from the final design and went on to become known as the inventor of the first lifeboat. It was called The Original, measured 9m by 3m (around 29 feet by 10 feet) and could carry 20 people including a crew of 12.

Henry Greathead went on to build 31 Original type lifeboats over the next 2 decades for communities around the British coasts, and also abroad. He never took out a patent on his invention, preferring to share his plans for the good of others and lifesaving at sea.



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sniff! sniff!

No I don't have a cold but this month I will be sniffing a lot.
Mainly because of my winter-flowering shrubs.

Every garden should have a couple of plants which bravely open their petals while winter is doing its worst.

Viburnum farreri or *Viburnum x bodnantense* 'Dawn' or 'Deben' are upright shrubs which bear pretty clusters of pink-buds on their bare branches, that open into honey-scented white flowers. They are incredibly tough, withstanding all but the harshest of frost. It's lovely to cut a few sprigs to stand in a jam jar indoors.

My favourite winter flowering



shrub is the witch hazel plant *Hamamelis mollis*. It's a delightful shuttlecock-shaped bush that explodes with citrus-scented spidery flowers right about now. I have the orange 'Jelena' in my garden but the pale yellow 'Pallida' and the deep red 'Ruby Glow' are equally lovely.

My dad had a wonderful



winter-flowering honeysuckle in his garden: *Lonicera fragrantissima*, which I adored. A few years ago I

discovered *Lonicera x purpussi* and fell in love. It has creamy white flowers and a really strong scent.

Even if you have a tiny garden you'll have room for a Christmas Box *Sarcococca confusa*. It produces white whiskery flowers from among its dark shiny evergreen foliage. I have two in pots on either side of my path and I've had people stop in their tracks and return back towards the house sniffing, in search of the source of the amazing sweet, heady scent.

And don't forget that there are scented snowdrops and tiny *Iris reticulata* which are deliciously perfumed too.

Time to get sniffing.
Happy gardening.

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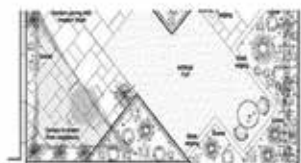
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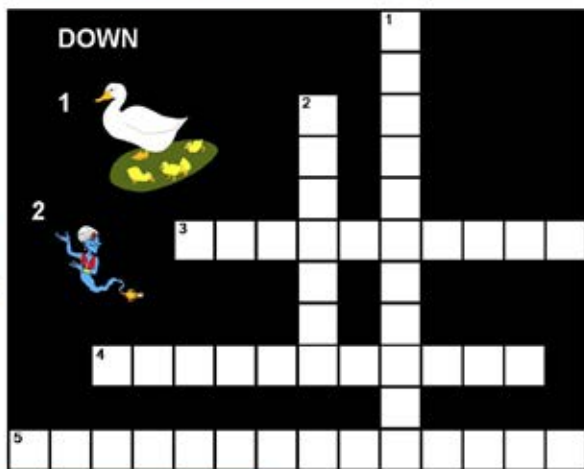
Panto Crossword

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ACROSS



DOWN



Riddle Time

I'm not a bird but my home is the sky. I'm not a river yet I am full of water. What am I?

A train travels between Maryville and Jamestown all day, always on the same track, always non-stop and always at the same speed. The noon train took 80 minutes to complete the journey, but the 4pm train took an hour and 20 minutes. How can this be possible?

Knock Knock!

Who's there?

Broken pencil.

Broken Pencil who?

Oh never mind, it's pointless!



Crossword Solution

Riddle Answers

80 minutes and an hour and 20 minutes is exactly the same amount of time!

A cloud

the big garden birdwatch

The Big Garden Birdwatch is world's largest garden wildlife survey, and 2018 will mark its 39th year.

It is run by the Royal Society for the Protection of Birds (RSPB) and will take place on 27th, 28th and 29th January 2018. All we have to do is spend just one hour watching and recording the birds in our garden or a local green space. Then we send our results to the RSPB.

Close to half-a- million people joined in last year counting more than eight million birds and providing valuable information about the wildlife using our gardens in winter. We're all familiar with the sight of bluetits on a bird feeder or a cheery robin hunting for grubs but it might come as a shock to know that some of our most-loved species are in desperate need of our help because their numbers have dropped dramatically.

Species such as starlings and greenfinches have seen their numbers decline by 79 and 59 per cent respectively since the first Birdwatch in 1979.

40 years worth of data allows the RSPB to monitor trends and helps us understand how birds are faring, and what potential issues they might be facing. With results from so many gardens, they are able to create a snapshot of the visiting birds at this time of year across the UK. So even if you see nothing at all during your Big Garden Birdwatch hour, that's important information too!

The RSPB also asks participants to log some of the other wildlife they have seen throughout the year. In 2018 people are being asked to look out for badgers, foxes, grey squirrels, red squirrels, muntjac deer, roe deer, frogs and toads.



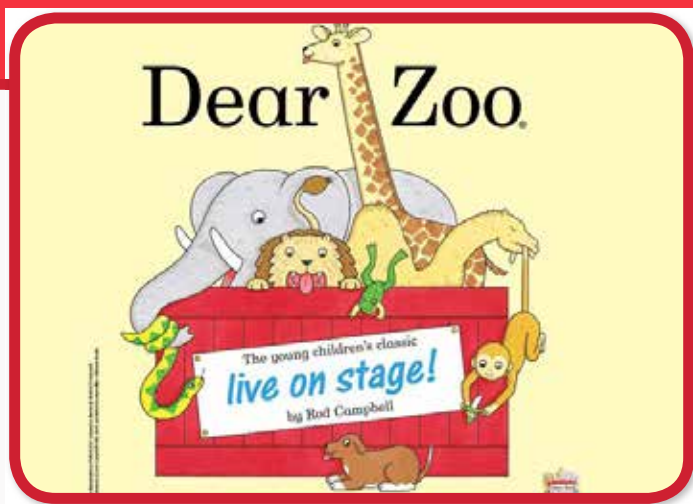
To take part in the Big Garden Birdwatch 2018, participants should watch the birds in the garden or local park for one hour at some point over the three allocated days. Only the birds that land in the garden or local park should be counted, don't count those just flying over.

There is also a parallel event; Big Schools' Birdwatch takes place which takes place during the period 2nd January-23rd February 2018. Further information about this can be found at www.rspb.org.uk/schoolswatch

Both the Big Garden Birdwatch and the Big Schools' Birdwatch are part of the RSPB Giving Nature a Home campaign. This is aimed at tackling the habitat-crisis facing the UK's wildlife. The charity is asking people to provide a place for wildlife in their gardens or outdoor spaces: this could involve putting up a nest box for birds, creating a pond for frogs, or building a home for hedgehogs.

There is a free Big Garden Birdwatch pack, which includes a bird identification chart, plus advice to help you attract wildlife to your garden. Text BIRD to 70030 or visit www.rspb.org.uk/birdwatch. Registration opens on 13th December 2017.

COMPETITION



WIN 4 tickets

to see **Dear Zoo**

Tuesday 20th February at 2pm

The Core Theatre, Solihull (formerly Solihull Arts Complex)

For your chance to win these tickets, worth £50, visit the Core Theatre website page for this event - www.thecoretheatresolihull.co.uk - to find the answer to this question:

Who is the author of dear Zoo?

Email your answer to: thecoretheatre@solihull.gov.uk – and please put 'Dear Zoo' as the subject line

Closing date for entries is 31st January and the winner will be drawn at random and notified by email after this date.

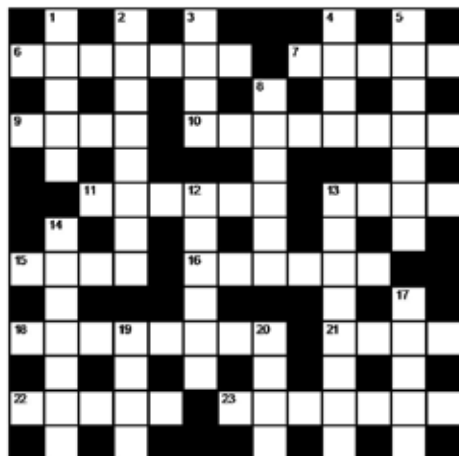
About the Show:

Join Ben...and his friend Sally...as they wait to see what the Zoo will send when they get Ben's letter asking for a pet. All kinds of familiar animals big and small arrive... but will they make a good pet? Well.... wait and see!

This production will delight all those who have read the book (both young and old) as it unfolds with child-engaging puppets, music and lots of audience interaction.

Dear Zoo has delighted generations of young readers since it was first published in 1982, and has sold more than 8 million copies worldwide

crossword



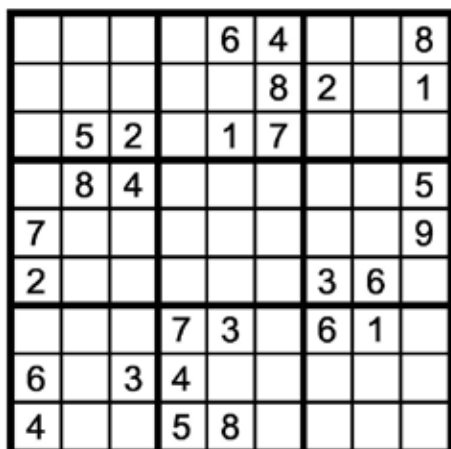
clues

Across

- 6 Trailblazer, trendsetter (7)
- 7 Sacked, given P45 (5)
- 9 Wooden shoe (4)
- 10 Measuring rod, inept person (8)
- 11 Belongs to a club (6)
- 13 Jab, prod (4)
- 15 Cat (informal) (4)
- 16 Glace, sour, Morello (6)
- 18 Valve in the loo cistern (8)
- 21 Did not tell the truth (4)
- 22 Oozy gool (5)
- 23 High military rank (7)

Down

- 1 Undulating landscape (5)
- 2 Chortle, titter (8)
- 3 Imprisoned, incarcerated (4)
- 4 Perfect, spanking-new (4)
- 5 Toasted fruit-bun (7)
- 8 Thinly dispersed (6)
- 12 Call forward with a gesture (6)
- 13 Adjacent lines indefinitely equidistant are said to be _____ (8)
- 14 Responsive to medical treatment (7)
- 17 Turkish meat dish cooked on a skewer (5)
- 19 Floppy (4)
- 20 Part of the underside of a boat used for stability (4)



how to play sudoku

It's simple!

Fill in the grid so that each row, column and 3x3 box, contains the numbers 1 through to 9 with no repetition. You don't need to be a genius. These puzzles use logic alone. Watch out! Sudoku is highly addictive.

answers on page 52

Accountants

40 Athos Business Solutions 0333 400 7876

Architects

7 Progression 01564 730191

Bathrooms

32 Kav's Bathrooms and Plumbing 07599 085670

Blinds / Curtains / Fabric

5 Tudor Rose Curtains 0121 445 2072
15 Soft Options Mill Shop 01564 783399
25 Grange Blinds 01564 702036

Builders

2 Parkfield Building Services 0121 241 2959

Car Services

16 Crossroads Service Station 01564 703225
39 Easylease 0121 693 0573

Care Services

18 Lady Katherine Housing 01564 772850
19 Dove Home Care 0800 783 7672
20 Helping Hands 01564 454379

Carpets

26 Ian Hounsell 01564 772324
27 Don Mander 01564 700 200

Central Heating / Gas Services / Boilers

25 Stephen Smith & Son 01564 200119

Cleaning Services

17 Sparkly Oven 07758 727556
35 Merry Maids 0121 340 3150
36 Bright & Beautiful 01564 339967
36 Classic Carpet Cleaning 0121 682 7450
37 Dorridge & Knowle Domestic Cleaning Services 07809 567264
37 Village Domestic Cleaning 07854 071892

Computer Services

5 On Track Computers 0800 077 8301
10 Byte Support 0790 151 2544

Drives

21 Dimension Landscape & Driveways 0121 733 1463
29 Central Drives Landscapes 0121 702 1456

Fascias & Gutters

28 Proline 0800 956 1315

Furniture

10 Thomas Hearn 01926 854884

Garden Centres / Services / Landscaping

8 Earlswood Garden & Landscape Centre 01564 702314
21 Dimension Landscape & Driveways 0121 733 1463
23 Oakland Group - lights 0121 416 0408
29 Central Drives Landscapes 0121 702 1456
45 Kenilworth Fencing 07891 046187
46 Oakland Group 0700 598 2828
47 Hampton Gardening 01675 446174

Graphic Design

38 Hotlobster Design Ltd 0121 369 1977

Health & Beauty & Wellbeing

5 Central England Pilates 07762 311074
13 My Time Spa 07551 154446
13 Clinical Therapy Group 0121 517 0090
14 Gaynor Kunneke Pilates 07729 712038
15 The Dentists Dorridge 01564 779868
16 Equanimity CBT 0844 693 1282
17 Hearing & Mobility 0121 777 8383
22 Friends of the Retired 0121 722 3342

Kitchens

9 No Thirty One 01564 770587

Online Buying & Selling

56 ebuygumm www.ebuygumm.co.uk

Painter & Decorator

15 Adrian Lewis 07811 455546
24 Bill Boyce 0121 744 0040

Plastering

28 Adkins Plastering 07977 354323

Plumbing

3 Knowle Domestic Appliance Repairs 01564 730183
25 Stephen Smith & Son 01564 200119
31 Cullen Plumbing & Tiling 07896 862916
32 Kav's Bathrooms and Plumbing 07599 085670

Roofing

1 N Bird & Son 0800 195 6946
24 C Stevens Roofing 0121 733 1276

Security

55 Connect 4 Security 0344 324 6020

Sewing

10 Sew To It Sewing School 01564 792083

Solicitors

12 Sydney Mitchell 0121 746 3300
41 Probate Solicitors 01564 758055
42-43 Wallace Robinson Morgan Solicitors 0121 705 7571

Windows & Doors

33 Howard Yarnold 0121 414 0808

1	3	7	2	6	4	9	5	8
9	4	6	3	5	8	2	7	1
8	5	2	9	1	7	4	3	6
3	8	4	6	7	9	1	2	5
7	6	5	1	2	3	8	4	9
2	1	9	8	4	5	3	6	7
5	9	8	7	3	2	6	1	4
6	7	3	4	9	1	5	8	2
4	2	1	5	8	6	7	9	3

Sudoku Solution
from page 51

H	S	H	M	T				
P	I	O	N	E	E	R	F	I
L	I	L	S	N	A			
C	L	O	G	D	I	P	S	T
Y	G			A				
	M	E	M	B	E	R	P	O
C	R	E	S	A	E			
P	U	S	S	C	H	E	R	R
R		K		A	K			
B	A	L	L	C	O	C	K	L
B	I	N	E	L	B			
S	L	I	M	E	G	E	N	E
E	R							

Crossword Solution
from page 51

useful numbers

Health

NHS non-emergency	111
Dorridge Surgery	01564 776262
Knowle Surgery	0121 796 2777
Solihull Hospital	0121 424 2000
Spire Parkway Hospital	0845 850 1451

Council

Solihull Council	0121 704 6000
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Utilities

Electricity power cut	0800 6783 105
Gas leak	0800 111 9999
Severn Trent Water	024 7771 5000
Severn Trent Water (emergencies)	0800 783 4444

Travel

National Rail Enquiries	03457 48 49 50
Network West Midlands (buses)	0345 303 6760

LOCAL COUNCILLORS

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 icourts@solihull.gov.uk

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Councillor surgeries are held quarterly at Knowle Library, please contact the library (01564 775840) for the next date and if you wish to book a meeting with a local councillor.

local police contact for knowle & dorridge

Sergeant Mike Lloyd

Telephone: 101 ext 892 6037

Email: rurals@west-midlands.ppn.police.uk



Overnight Oats

Have you made healthier eating a part of your New Year plan? If so you should definitely try this healthy, hearty breakfast. A friend introduced me to overnight oats and I have to say I'm hooked.



First, it's the easiest breakfast ever. There's nothing to cook; you make it the night before in under 5 minutes, and when you wake up, it's there waiting. All you have to do is eat it!

The basic recipe is very adaptable; you can do so many different things with it. I tend to eat mine cold but if you like things hot, heat them up in the microwave. Oats help to reduce cholesterol and are a whole, unprocessed source of carbohydrates, which release energy slowly so are a great start to the day.

Basic Overnight Oats Ingredients

1/2 cup dry oats (the actual cup size doesn't really matter. It's about proportions...just use a bigger cup if you have a bigger appetite)
1 cup of unsweetened milk (I like almond milk but cows' milk, soya milk, plain yoghurt or a mix of yoghurt and milk is all good)
Fruit of choice (fresh, frozen or even tinned)
1 tbsp chia seeds or flax seeds (optional but good for

healthy omega 3 fats)
Nuts (optional)

Method

1. Combine everything into an airtight bowl or jar (I leave nuts out as I like them crunchy)
2. Leave in the fridge overnight
3. Eat in the morning! You can heat them if you like.

Variations:

Fruit: apples, banana, nectarines, blueberries, strawberries, figs, redcurrants (most fruits taste great).
Flavourings: flaked or desiccated coconut, ground almonds.

Sweeteners: If you have a sweet tooth you can add maple syrup, honey or jam. My kids experimented with chocolate milk too – lovely with bananas.

Healthy fats: flax, nuts, nut butters
Toppings to add in the morning: granola, nuts, raisins, sour cherries, additional fruit, chocolate chunks



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