Cinnamon Pear Overnight Oats

**INGREDIENTS**
- 1 cup milk or milk alternative (such as soy, almond)
- 1/4 cup vanilla yogurt (optional)
- 1-2 Tbsp honey or maple syrup
- 1 Tbsp chia seeds (optional)
- 1/4 tsp ground cinnamon
- 1 small pinch of salt
- 1 cup rolled oats
- 1 pear, core and stem removed, diced

**Recipe Notes:** You can substitute quick-cook oats in a pinch. A chopped apple would also work well in place of the pear! This is best eaten the next day, but will keep for up to 3 days.

**PREPARATION**
In a 16 oz glass jar with lid, small glass storage container with lid, or small bowl, stir together milk, yogurt, honey, cinnamon and salt.

Stir in oats, and cover with lid or plastic wrap, and refrigerate for at least 4 hours, preferably overnight.

In the morning, take oat mixture out of fridge. Add an extra splash of milk and stir, if desired. Top with diced pear and enjoy!