Overnight Oats

Short on time in the morning? Prep this the night before for a quick, healthy and filling on-the-go breakfast option.

<table>
<thead>
<tr>
<th>PREP TIME</th>
<th>SIT TIME</th>
<th>SERVINGS</th>
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<tbody>
<tr>
<td>5-10 mins</td>
<td>4-24 hours</td>
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**INGREDIENTS**

**BASE:**
- 1/2 cup rolled oats
- 2/3 cup favorite milk (1%, soy, almonds)

**OPTIONAL ADD-INS:**
- 1/2 cup fruit (frozen berries, sliced banana, raisins)
- 1/2 tsp chia seeds
- 1/4 cup yogurt (for a creamier texture)
- 1 Tbsp favorite nut or seed butter
- 1 tsp honey or maple syrup

**OPTIONAL TOPPINGS:**
- 1 Tbsp nuts or granola
- Additional fruit

**INSTRUCTIONS**

1. In a mason jar or to-go container, use spoon to combine oats and milk. Mix in optional add-ins.
2. Place in refrigerator for at least 4 hours or overnight.
3. When ready to eat, add additional liquid if desired and any toppings you'd like. Enjoy!