Overnight Oats

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

PREP TIME	SIT TIME	SERVINGS
5-10 mins	4-24 hours	1

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!