



OVERNIGHT *Oats*

PREP
5 min

COOK
1 min

TOTAL
6 min

YIELD
1 serving

Ingredients

- 1/3 cup rolled oats
- 1/2 cup any dairy or non-dairy milk
- 2 tablespoons plain yogurt
- 2 teaspoons chia seeds
- 1 teaspoon honey (optional)
- 1/2 cup fruit (such as blueberries, blackberries, or chopped apple)

Directions

- 1 Add oats, milk, yogurt, chia seeds, and honey (if desired) to jar and stir. Refrigerate overnight or for at least 8 hours.
- 2 Before serving, top with fruit. If you prefer warm oats, microwave for 1 minute.

Nutrition Facts: 292 calories, 8g fat, 2g saturated fat, 121mg sodium, 47g carbohydrate, 9g fiber, 19g sugar, 15g protein