

Overnight Oats

Ingredients

2 cups Old fashion oats
2 cups Milk
1 cup Greek yogurt
3 Tbsp. Maple syrup or honey
1 Tbsp. Chia seeds or ground flaxseeds
1 tsp. Ground cinnamon
1/2 tsp. Salt

Optional Toppings:

Berries, bananas, shredded apple, mango, etc...
Granola
Dried fruit
Shredded coconut
Peanut butter or almond butter
Nuts

Method

- In a large bowl combine all ingredients; oats, milk, yogurt, sweetener, seeds, cinnamon, and salt.
- You can cover the bowl or divide into four servings and cover. Store in the refrigerator overnight or for at least 4 hours.
- Remove from refrigerator and stir. Top with your desired toppings and enjoy!

Nutrition Information

Serves: 4
Serving Size: ~3/4 cup
Calories: 345
Fat: 13 grams
Carbohydrates: 47 grams
Fiber: 5 grams
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Protein: 11 grams