

Overnight Oats

SIMPLE RECIPE

Ingredients

- ½ cup rolled oats
- ½ cup milk (or almond milk)
- 2 tbsp Greek Yoghurt
- Fresh fruit – a handful (e.g. berries, banana slices, grated apple)
- 1 tbsp chia seeds or flaxseed
- Nuts or seeds – 1 tablespoon (e.g. almonds, sunflower seeds)
- Optional: 1 tbsp peanut butter or a dash of cinnamon
- Optional: 1 tbsp honey or maple syrup

Directions

- Mix all ingredients in a jar or container with a lid.
- Stir well, seal, and refrigerate overnight.
- In the morning, stir and then it's ready to eat cold or you can warm it slightly in a microwave

