

# Overnight Oats

A great no-cook option for busy mornings. Change it up with different fruits, toppings, milk, and yogurts.

Serves: 1

## Ingredients:

½ c rolled oats

½ c unsweetened vanilla almond milk (or milk of your choice)

¼ c frozen wild blueberries

¼ c low sugar vanilla greek yogurt

Optional toppings: 2 tbsp chopped nuts, 1-2 tbsp ground flax, hemp hearts, or chia seeds, ground cinnamon

## Instructions:

1. Combine all ingredients in a mason jar, Tupperware, or bowl and cover with a lid or plastic wrap.
2. Stir until well mixed.
3. Store in fridge for a minim of 4 hours, maximum of 4 days.
4. Add additional toppings and more milk if desired. Enjoy

Approximate Nutrition Facts:

Calories 230, Protein 10 g, Fat 5 g, Carb 35 g, Fiber 6 g