

Overnight Oats

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Make these overnight oats for a delicious and whole grain on-the-go breakfast!

- 1/2 cup rolled oats
- 1/2 cup milk (dairy, nut or other)
- 1/4 cup plain Greek yogurt
- 1/2 tsp. vanilla extract
- 1/2 tsp. chia seeds
- 1/4 tsp. ground cinnamon

1. Combine in a mason jar or container; stir and seal. Refrigerate overnight, heat in microwave and top with your favorite nuts, seeds and/or berries.

Use this basic recipe for Overnight Oats for a healthy, whole grains on-the-go breakfast. Add nuts and seeds to boost the protein content, and throw in a handful of berries—fresh or frozen—for a boost of antioxidants, potassium and vitamin C.