

Overnight Oats

Ingredients

- 1/2 cup old fashioned rolled oats
- 1/2 cup milk of choice
- 1/2 cup frozen berries
- 1/4 cup Greek yogurt
- 1 T. chia seeds
- Optional toppings: walnuts, almonds, coconut flakes, honey or pure maple syrup

Directions

1. Mix all ingredients (except for toppings) in a jar
2. Refrigerate for at least 8 hours
3. Microwave if desired and add toppings of choice



***Recipe for 1 serving**