

Overnight Oats:

Ingredients:

- 1/2 C plain nonfat greek yogurt
- 1/2 C unsweetened almond milk
- 1/2 C rolled oats (not quick oats)
- 1 Tbs Chia Seeds
- cinnamon
- honey (or sweetener of choice)
- 1/2 banana (or fruit of choice)



Directions:

-In a jar or large cup (preferably with a lid) mix together yogurt, almond milk, rolled oats, and chia seeds. Sprinkle in a few dashes of cinnamon (to your liking), and a squeeze of honey (or other sweetener to taste). Stir all together and place in the fridge overnight. In the morning slice up 1/2 banana on top (or strawberries, apples, peaches, etc) and enjoy a delicious all ready to go breakfast! Perfect for those busy mornings. This recipe is the base for a lot of variations, I will post more variations on instagram or feel free to ask for more ideas.

*these are the products that I use. Chia seeds can be bought at Whole foods markets, Good Nature market, or I get mine in bulk from Sprouts Market.



