



OVERNIGHT OATS

INGREDIENTS

- $\frac{1}{3}$ cup old fashioned rolled oats
- $\frac{1}{3}$ cup yogurt
- $\frac{1}{3}$ cup milk of choice
- Cinnamon
- Honey
- Toppings such as fruit, granola and nuts

PREPARATION

1. Combine oats, milk and yogurt in food container.
2. Add in honey and cinnamon to taste. Mix well.
3. Mix in optional supplements such as protein powder, collagen powder, chia seeds and/or fruit.
4. Seal container with lid and store in fridge overnight.
5. When ready to eat, stir well and add dry toppings like granola and nuts.

