

Overnight Oats

Portions: 1

Ready in: 5 minutes

Ingredients:

- 1¼ cup rolled oats
- ¼ cup milk of choice
- 1 Tablespoon chia seeds
- 1 tablespoon nut butter
- 1 tsp maple syrup
- ¼ tsp cinnamon
- Fresh or frozen fruit of your choice



Instructions:

1. Get a clean mason jar and mix oats, milk, chia seeds, nut butter, cinnamon and maple syrup, stir together
2. Top with fresh or frozen fruit of choice
3. Store overnight in the fridge
4. Top with additional milk, mix together and eat cold

Tips:

- You can use whatever fruit you like
- Vary up your oatmeal with different nut butters and spices