

Overnight Oats



Serves: 1



Total Time:
5 minutes
(plus overnight)



Estimated Cost:
\$0.50 per serving

INGREDIENTS

- 1/2 cup rolled oats,
- 1/2 cup milk,
- 1/4 cup plain yogurt,
- 1 teaspoon honey or maple syrup,
- Pinch of salt,
- Toppings of your choice:
diced apple and cinnamon,
berries and almonds, or
sliced banana with cocoa powder

INSTRUCTIONS

- 1 Stir together oats, milk, yogurt, honey, and salt in a jar or container.
- 2 Seal and refrigerate overnight.
- 3 In the morning, stir and add your toppings.
- 4 Serve cold straight from the jar.



make it
tonight,
enjoy tomorrow!

TOPPING IDEAS



diced apple
and cinnamon



berries and
almonds



sliced banana
with cocoa powder