



# Overnight OATMEAL

## INGREDIENTS

- ½ cup rolled old fashioned oats
- ½ cup milk of choice
- ¼ cup non-fat Greek yogurt
- 1 Tbsp chia seeds
- 1 Tbsp sweetener of choice, honey or maple syrup
- ¼ tsp vanilla extract

## DIRECTIONS

- Mix all ingredients.
- Chill in the fridge for at least 4 hours or overnight.
- Top with your favorite fruit.