

# Overnight Oats

Prep Time : 10 mins  
Cook Time : overnight

## Ingredients:

Equal parts oats to liquid

For a single serving:

1/3 cup oats

1/3 cup milk

1 tsp chia seeds

2 Tbsp peanut butter

1-2 Tbsp maple syrup

2 Tbsp yogurt

Into a mason jar, toss all the ingredients and stir. Place on a lid and pop in the fridge overnight. I make a whole week's worth on Saturday-Sunday to prep for the work week ahead.

Top with fruit & nuts in the morning.



## Notes :

Omit the peanut butter and turn it into a flavor of your choice  
Tops with sliced almonds and fruit. ENJOY!  
Warm in the microwave or straight from the fridge.