

# Overnight Oats



Servings: 1

Prep: 5min

Rest in fridge: 4-12 hours

Provides: 24 grams protein, 13 g fibre

## Ingredients

*1/3 cup rolled oats*

*1/3 cup milk*

*1/2 cup Greek yogurt*

*1/2 cup fruit (fresh or frozen)*

*1 tbsp hemp hearts*

*1 tbsp chia seeds*

*2 tsp ground flax seed*

*(Drizzle maple syrup or honey if using unsweetened yogurt)*

## Directions

- Mix milk and oats together to rest in fridge overnight.*
- Experiment and see if you prefer adding the other ingredients ahead or just before serving. Adding chia seeds overnight makes a thicker gel texture. Some people like this, and others enjoy adding chia right before serving for a little crunch.*
- Use whatever greek yogurt you like. Plain is great because it lets you choose the sweetness level by adding a drizzle of maple syrup, honey, or cinnamon to sweeten. But if you prefer, use vanilla or another flavour.*
- If you have a bigger appetite, mix 1/2 cup rolled oats and 1/2 cup milk*