

OVERNIGHT OATS

This recipe for vanilla oats is easy to make and provides a few variations. Shared by Diane & Steve Rothman.

PREP: 5 minutes

SERVINGS: 1 large or up to 3 small

INGREDIENTS:

1/3 C. plain Greek yogurt

3/4 C. rolled oats

2/3 C. unsweetened oat or almond milk (*optional regular milk*)

1 Tbsp. lemon juice

1 Tbsp. chia seeds or ground flax seed

1/2 tsp. vanilla extract

Pinch of salt

1-2 Tbsp. honey or maple syrup

Toasted almonds to garnish, if desired

Optional ingredients for berry or cherry oats:

1/2 C. fresh or frozen berries or fruit

Optional ingredients for pumpkin spice oats:

1 C. canned pumpkin

3/4 tsp. ground cinnamon

1/4 tsp. ground ginger

1/8 tsp. allspice

1/8 tsp. nutmeg

DIRECTIONS:

Whisk together all ingredients in a medium-sized bowl OR mix all ingredients and spoon them into a pint jar. Close the bowl or jar and refrigerate for at least 4 hours or overnight before eating. Top with the almonds. Keeps a day or two in the refrigerator.

