

OVERNIGHT OATS

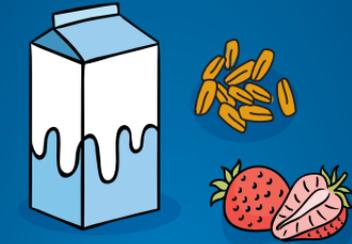
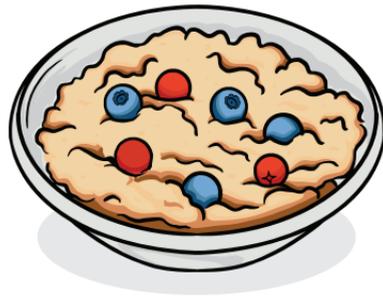
Prep Time: 5 minutes

Makes 1 serving

Directions

Combine all ingredients into any type of container with a lid and place in the refrigerator overnight.

Enjoy in the morning!



Ingredients

- $\frac{1}{2}$ cup old-fashioned **oats**
- $\frac{3}{4}$ cup **milk** (dairy or non-dairy)
- $\frac{1}{2}$ cup combination of: **fresh fruit, dried fruit, nuts, seeds, shredded coconut, nut or seed butter** (Note: leave out nuts and seeds for children younger than age 4 as they can be choking hazards)
- 1 teaspoon **chia seed**
- $\frac{1}{2}$ teaspoon **vanilla extract**
- Several shakes of **cinnamon**
- Pinch of **salt**

