SIMPLE OVERNIGHT OATMEAL

Ingredients
Oatmeal
1/3 - 1/2 Cup milk of choice or water
1/3 - 1/2 Cup old-fashioned oats

Optional
1/3 - 1/2 Cup yogurt
1 tsp. chia seeds
1/2 banana - mashed
Protein powder

Toppings
Fruit
Nuts
Nut butter
Seeds
Granola

Directions
In a mason jar or sealable container, add the oats, milk, yogurt, chia seeds, and banana, and stir together. Seal and place in the refrigerator overnight or for 5 hours. Add toppings when ready to eat.

Scan the QR code to read the original recipe.