

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.

