



Basic Overnight Oats

Ingredients

- ½ cup rolled oats
- ½ cup milk
- ¼ cup Greek yogurt
- 1 tablespoon honey or maple syrup

Instructions

- Add all the ingredients into a sealable jar or bowl and give it a stir until combined.
- Let it soak in the fridge for at least 2 hours, but it's best to soak overnight for 8 hours. This will yield a creamier consistency.
- Add your favorite toppings or mix-ins to your overnight oats and enjoy!

MAKES 1 SERVING. NUTRITION PER SERVING:
CALORIES: 260 | CARBOHYDRATES: 40G |
PROTEIN: 13G | FAT: 5G | FIBER: 3G

ADAPTED FROM DOWNSHIFTOLGY