

Overnight Oatmeal

Start your day off right with a breakfast that is ready when you wake up! Overnight oatmeal is a nutritious, filling, and easy option for those busy mornings when you need energy that lasts throughout the day! An added benefit is that soaking the oats helps the starches break down, which may help your body utilize the oats' nutrients much more efficiently.

Ingredients

Original recipe from: wholefully.com

(Yield: 1 large or 2 small servings)

- 1/3 cup plain Greek yogurt
- ½ cup rolled oats
- 2/3 cup milk (almond, oat, etc.)
- Optional add ins: sliced fruit, nut butter, cinnamon, vanilla extract

Directions

1. Whisk together the Greek yogurt, rolled oats and milk in a bowl or container with a lid.
2. Stir in any additional ingredients or flavorings of your choosing.
3. Put the oatmeal in the refrigerator for a minimum of 4 hours, preferably overnight before eating.