

Overnight Oats

Serves 1

Ingredients

- 1/3 cup oats
- 1/3 cup coconut, soy, or almond yogurt
- 1/3 cup soy, almond, rice, or hemp milk
- 1 tbsp. chia seeds
- 1 tsp. agave or pure maple syrup
- Optional mix-ins: fruit (fresh, frozen and thawed, or dried), nuts, seeds, shredded coconut
- Optional toppings: fresh fruit (bananas and berries are the best), nuts or seeds, nut butter (peanut butter, almond butter, etc.)



Directions

- 1) In a clean jar or Tupperware container, mix together oats, yogurt, soymilk, chia, agave or syrup, and any mix-ins you like.
- 2) Refrigerate overnight.
- 3) In the morning, top with any fruits, nuts, or nut butters you like and dig in!