

Overnight Oats

Quilt and Café

January 20, 2020

Yield - 2 servings

Ingredients

1 cup old-fashioned rolled oats

2 Tbsp. chia seeds

A few shakes of ground cinnamon

1 cup milk of your choice - I use unsweetened vanilla almond milk

1 Tbsp. nut butter of your choice (I use sunflower butter)

Your choice of berries - I used blueberries and strawberries

Greek Yogurt - I used vanilla

Coarsely chopped walnuts

Pure maple syrup or honey

Method

In a glass bowl or Mason jar, combine the oats, chia seeds, cinnamon, milk and nut butter. Stir to combine. Cover and place in the refrigerator overnight. The next morning, remove half of the oat mixture into an individual bowl. Place a dollop of yogurt in the center top with your favorite toppings, drizzle with maple syrup or honey. Save the other half for another meal, or share with a friend.

Here are some topping ideas:

Nuts or seeds of any kind

Coconut

Dried fruit or your favorite fresh fruit

Your favorite jam

Mini chocolate chips

Nutella