

OVERNIGHT OATS

INGREDIENTS *(Servings: 1-2)*

- ½ cup rolled oats
- ½ cup milk of choice
- 1 tbsp chia seeds
- 1 tsp vanilla
- 1 tbsp maple syrup

INGREDIENTS *(Class Size)*

- 5 cup rolled oats
- 1¼ cup milk of choice
- 10 tbsp chia seeds
- 10 tsp vanilla
- 10 tbsp maple syrup



DIRECTIONS

1. Add ingredients to container or portion into mason jars for individual servings, and stir to combine.
2. Refrigerate for at least 4 hours, preferably overnight.
3. Stir again before serving.
4. Top with combinations such as diced apple and cinnamon or sliced peaches and vanilla yogurt!

COOKING TIP

Milk should completely cover the oats so they will soften. Overnight oats can be put in the microwave to warm them, or eaten cold.

FACT

Overnight oats are a great way to save time in the morning by having breakfast already prepared in the fridge to eat at home, or take and eat at school or work.