

## Easy overnight Oats

2 Ingredient Base

**½ cup rolled oats**

**½ cup milk of choice**

Add-Ins

¼ cup non-fat Greek yogurt

1 tablespoon chia seeds

1 tablespoon sweetener honey or maple syrup

¼ teaspoon vanilla extract

### -Peanut Butter & Jelly

1 tablespoon strawberry jam

**1 tablespoon creamy peanut butter**

¼ cup diced strawberries

2 tablespoons peanuts crushed

### -Maple Brown Sugar

1 tablespoon brown sugar

2 teaspoons maple syrup

¼ teaspoon cinnamon

Pinch of salt

### -Peaches and Cream

**¼ cup of chopped peaches**

Instructions:

Place all ingredients into a large glass container and mix until combined. Cover the glass container with a lid or plastic wrap. Place in the refrigerator for at least 2 hours or overnight. Toppings can be added the night before or immediately before serving.

Uncover and enjoy from the glass container the next day. Thin with a little more milk or water, if desired.

Serves 1

Serving size 1 cup

**Ingredients in bold are CSFP items**