

STRAWBERRY OVERNIGHT OATES

PREP:15 MINS

TOTAL TIME 15 MINS

INGREDIENTS

- ½ CUP ROLLED OATES
- 1 CONTAINER 154 ML VANILLA FLAVOURED GREEK YOGURT
- 2 TSP CHIA SEEDS
- ½ TSP HONEY
- 8 STRAWBERRIES, CHOPPED AND DIVIDED INTO SERVINGS
- 1/3 CUP LIGHT VANILLA SOY MILK, OR ANY MILK
- 1/8 TSP GROUND CINNAMON
- 1 TBSP SLICED ALMONDS

INSTRUCTIONS

1. IN A 16 OZ MASON JAR, ADD OATS, YOGURT, CHIA SEEDS, HONEY, FOUR CHOPPED STRAWBERRIES, MILK, AND CINNAMON. STIR INGREDIENTS TO COMBINE AND COVER JAR WITH LID.
2. REFRIDGERATE OAT MIXTURE OVERNIGHT FOR 8 HOURS
3. TO PREPARE OATS, TOP MOIXTURE WITH REMAINING STRAWBERRIES AND TO WITH SLICED ALMONDS.