

SIMPLE OVERNIGHT OATS

This recipe makes 1 serving.



INGREDIENTS

1/2 cup gluten free rolled oats
1/2 cup vanilla soy yogurt
2/3 cup vanilla almond milk
1 tbsp chia seeds
1/8 tsp cinnamon
A handful of your favourite berries



EQUIPMENT

Mason jars
Bowl
Fridge

NUTRITION FACTS PER SERVING

Calories: 361
Total Fat: 10.2g
Sodium: 147mg
Potassium: 298mg
Carbs: 59.1g
Fiber: 9.3g
Protein: 13.5g



METHOD

1. Mix together the rolled oats, yogurt, almond milk, chia seeds and cinnamon in a medium sized mason jar.
2. Seal the jar so that it is airtight and place it in the refrigerator before bedtime.
3. In the morning, transfer oatmeal mixture to a bowl, top with fresh berries and another sprinkle of chia seeds or cinnamon, if desired!

