

# Overnight Oats

**Adapted from:** A Variety of Bloggers, but particularly Kath Younger (*Kath Eats Real Food*)

**Prep time:** 5 minutes

**Cook time:** N/A

**Total time:** >3 hours

**Serves:** 1



## Ingredients

½ cup rolled oats  
½ - ¾ cup your choice of milk  
1 tbsp. any type yogurt (optional)

1 tbsp. chia seeds or ground flax seeds  
½ banana, cut up (optional)  
dash of cinnamon (optional)

## Instructions

1. Combine all ingredients such that oats appear slightly too watery. Refrigerate overnight.
2. In the morning, add any ingredients you'd like! Some suggestions: fruit (fresh or dried), honey, almond butter, shaved coconut, cereal – you get the picture. Be creative!

## Additional Notes

There is no “perfect recipe” for overnight oats. Once you make them, you’ll be able to tell your preferred ratio of milk to oats, what to put in, what to leave out, and what your favorite topping combos are. Have fun with it! It’s the easiest, most nutritious breakfast out there – and the options are limitless. For some ideas, check out [www.katheats.com/kaths-tribute-to-oatmeal](http://www.katheats.com/kaths-tribute-to-oatmeal)