Overnight Oats Recipe

Prep time: 2 mins

Yield: 1 large serving or 2 small

Rating: 4.5 stars

Ingredients

1/3 cup plain Greek yogurt

1/2 cup (heaping) rolled oats

2/3 cup unsweetened milk of choice

1 tablespoon chia seeds or ground flaxmeal

1/2 teaspoon vanilla extract

Pinch of salt

0-2 tablespoons honey or maple syrup

Instructions

Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a jar with a tight-fitting lid.

Close and refrigerate for at least 4 hours, but preferably overnight before eating

Suggested Dietary Swaps

Vegan

Use plant-based milk, plant-based yogurt, and maple syrup for sweetener.

Sugar-Free

Drop the sweetener and add 1/2 mashed ripe banana.

Gluten-Free

Use gluten-free oats.

Recommended Products

Rolled Oats

Rolled Oats, $12.99

Chia Seeds

Chia Seeds, $15.99

Pecans

Pecans, $13.99

Maple Syrup

Maple Syrup, $15.99