**Overnight Oats**

Prep time: 8 hours Cook time: 0 min

**Ingredients:**

* ½ cup rolled oats
* ½ cup toned milk (cold)
* 1 tbsp chopped nuts (walnuts & almonds)
* 1 tsp chia seeds
* 1 tsp flax seed powder
* ¼ cup cut fruits to taste

**Instructions:**

1. Pour oats into a bowl
2. Add milk and the chopped nuts, seeds and fruits
3. Refrigerate overnight & serve cold