Overnight Oats

Ingredients

- 1/3 cup plain Greek yogurt
- 1/2 cup rolled oats
- 2/3 cup unsweetened milk
- 1 tablespoon chia seeds or ground flaxmeal (optional)
- 1/2 teaspoon vanilla extract
- 0-2 tablespoons of honey or maple syrup

Directions

1. Whisk together all ingredients in a medium-sized bowl.
2. Spoon into a jar with a tight-fitting lid.
3. Close and refrigerate for at least 4 hours, but preferably overnight before eating.
4. Optional: heat in microwave 30-60 seconds, until warm or add in any of your favorite fresh fruit, nuts, or granola as toppings.

Makes 2 servings

Nutrition information per serving
(2 tablespoons):
92 calories, 4g fat, 3g protein
12g carbohydrates, 128mg sodium