**Overnight Oats**

Prep time: 5 minutes

Total time: 4 hours +

Servings: 1

Serving size: 1 jar

**Ingredients:**

* ½ cup unsweetened milk of choice
* ½ cup rolled oats
* ⅓ cup yogurt of choice
* 1-2 tablespoons honey or maple syrup
* Pinch of salt

Optional Ingredients:

* ¾ tablespoon chia or flax seeds
* ½ mashed banana
* 2 tablespoons peanut butter or nut butter
* 2 tablespoons unsweetened cocoa powder
* Canned, fresh or frozen fruit of choice
* Coconut flakes
* Nuts or seeds for topping
* Granola for topping
* Spices: cinnamon, nutmeg, clove
* ½ teaspoon vanilla extract

**Directions:**

1. Place all ingredients in a mason jar and shake. If you do not have a mason jar, you can also combine all ingredients in a bowl in whisk. Spoon into a jar with a tight-fitting lid.
2. Close jar and refrigerate overnight or at least 4 hours before eating.
3. In the morning, add more liquid if you'd like. Once you have achieved the desired consistency, top with desired ingredients.
4. If you like warm oats, place in the microwave for about 1-2 minutes.

Overnight oats is the perfect grab-and-go breakfast that will have you thanking yourself in those rushed, early mornings. It's an easy no cook and nutrient-dense breakfast or snack. Great for taking to class or when leaving for away games. Oats have a special type of soluble fiber, known as beta-glucan, that helps slow digestion, increase satiety, binds bad cholesterol out of the body, and helps regulate appetite. They are also rich in fiber, protein and B vitamins that help energize you for the rest of your day.

Recipe adapted from: <https://minimalistbaker.com/peanut-butter-overnight-oats/>