



Overnight Oat Cups

Ingredients

- ½ pint jar, with a lid
- 1/4 cup oats (old fashion or instant oats)
- 1/4 cup of milk (oat, coconut, soy, rice, cow, etc)
- 1 Tablespoon of chia
- 1/4 cup flavored or unflavored yogurt (greek or regular)
- 1/4 cup of fruit (fresh or frozen)
- 1-2 Tablespoons of honey (if your milk is unsweetened)

Directions

1. Add ingredients to your pint jar and stir well. Screw lid on the top.
2. Store in the refrigerator until you are ready to eat.