



REFRIGERATOR OATMEAL

Makes 1 servings | Serving size: 1 jar

PREP TIME
6 hr 5 min

COOK TIME
0 min

TOTAL TIME
6 hr 5 min

This is a high-fiber breakfast that's great when you're on the go. The best part is...no cooking required! It's the ultimate lazy breakfast. Plus, it's delicious and good for you. Oats are a wonderful source of B vitamins and soluble fiber.



Ingredients

- ½ cup milk (1%)
- ½ cup nonfat Greek yogurt
- ⅓ cup old-fashioned oats (gluten-free, if needed)
- 2 tablespoons chia seeds
- ½ cup fresh or frozen fruit
- splash of vanilla

Mix-ins

Choose 1 tablespoon total from the following options:

- Sunflower seeds
- Flax seeds
- Unsweetened coconut
- Dark chocolate
- Chopped nuts
- Lemon or orange zest

Directions

1. Mix together all ingredients plus the mix-in of your choice.
2. Pour into a sealed container and refrigerate for 6 or more hours.
3. Enjoy your no-cook refrigerator oatmeal!