

Overnight Refrigerator Oats

YOU WILL NEED

- 1/2 c old fashioned rolled oats
- 1 1/2 tsp chia seeds
- 1/2 c Greek yogurt
- 2/3 milk
- 1/4 tsp vanilla extract
- 1/8 tsp almond extract
- 5-6 sliced strawberries, or a cupped handful of berries

PROCEDURE

In a jar or container (with a tight fitting cover), add all ingredients.

Cover and shake vigorously, place in refrigerator and go to sleep.

Open your overnight oats and add additional berries and some slivered almonds, if you wish, and enjoy!



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