



Easy Overnight Oats

Are you looking for an easy grab-and-go breakfast recipe? These overnight oats are your answer! They can be prepared either the night before or made ahead for the whole week. Either way, they can be stored in the fridge until the morning (or any time) you are ready to eat them. Oats are a whole grain that are high in soluble fibre to help lower cholesterol and insoluble fibre to keep your digestive system healthy and you feeling full for longer.

Recipe makes 1 serving.

Ingredients:

- ½ cup old-fashioned or quick oats
- 1 cup milk or milk alternative
- 1 tsp maple syrup or honey
- 1 tbsp chia seeds

Top with your favourite fresh fruit, nuts and seeds for a balanced meal.

Directions:

Add all of the oats, milk, maple syrup or honey, and chia seeds into a sealable container. Use a funnel, if necessary, to avoid a mess!

Mix well until evenly combined.

Top with fresh fruit, nuts, and seeds. Place in the refrigerator overnight or for at least 2 hours.

When ready to eat, mix the fruit, nuts, and seeds into the oats. Enjoy!

Tip: To save even more time and mess, use a mason jar with a twist-on lid so all of the ingredients can be shaken together. They are also microwave-safe (without the lid) if you prefer warm oatmeal!



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