

overnight steel cut oats

SERVES 1

COOK TIME: 4-6 hours or overnight

¼ cup steel cut oats, dry

¼ cup milk of choice

½ cup plain Greek yogurt

Toppings of choice:

- ◇ Berries
- ◇ Cinnamon
- ◇ Raisins and/or
- ◇ Drizzle of Honey

PLUS

- ◇ Toasted coconut
- ◇ Chopped almonds or nuts and/or
- ◇ Natural nut butter

To help soften the oats, microwave oats and milk for about 1 minute before adding yogurt and pouring into individual containers to refrigerate.

If you find it's still a little too crunchy for your taste, allow the oats mixture to sit at room temperature for a little while before eating.



MIX oats, milk and yogurt in a medium bowl.

ADD berries, cinnamon, and/or raisins (if desired).

POUR into individual glass jars or storage containers.

REFRIGERATE at least 4-6 hours or overnight.

ADD additional toppings such as nuts, nut butter, coconut and/or honey.