

Overnight Oatmeal

$\frac{1}{2}$ cup old-fashioned oatmeal

$\frac{1}{2}$ cup milk

$\frac{1}{2}$ cup firm, fresh fruit (blueberries, apple slices, grapes)

2 – 4 tablespoons chopped nuts, chia or other seeds, granola, and/or coconut



Combine all ingredients in a jar or other container with lid.

Cover and refrigerate overnight, or at least 5 hours.

To serve, remove lid, stir lightly, and top with additional fruit, nuts, granola and/or coconut. Add a sprinkle of cinnamon for color and taste.

Makes one serving.

Notes:

Oatmeal will keep for 2 – 3 days in the refrigerator, so you can make several jars at one time for a grab & go breakfast, or healthy snack.

Adjust the fruit and other ingredients to meet your personal tastes.

Omit the fruit overnight, and stir in soft fruits like berries, peaches, or sliced bananas before serving.

Other add-ins might include; peanut butter, almond butter, mashed banana, honey, brown sugar, cinnamon, nutmeg, or jam.