

Overnight Oats

What You Need

- ½ cup old fashioned rolled oats
- ½ cup milk of choice
- ¼ cup non-fat cottage cheese
- 1 teaspoon chia seeds or flax seeds
- ½ teaspoon cinnamon
- 1-2 teaspoons maple syrup
- Toppings of your choice!
 - Fruit (apples, bananas, fresh berries)
 - Coconut
 - Nuts or nut butter

How To Prepare

- 1 Place all ingredients (except toppings) into a large glass container and mix until combined.
- 2 Cover the glass container with a lid or plastic wrap. Place in the refrigerator for at least 2 hours or overnight. Toppings can be added the night before or immediately before serving.
- 3 Uncover and enjoy from the glass container the next day. Thin with a little more milk or water, if desired. Store for up to 5 days.