Strawberry Overnight Oats

Ingredients
- 1/3 cup 2% Plain Greek yogurt
- ½ cup rolled oats
- 2/3 cup 2% milk
- 1 tbsp chia seeds (or ground flax)
- ½ tsp vanilla extract
- Pinch of salt
- 0-2 tbsp honey or maple syrup

Making it
1. Mix together all ingredients in a container with a tight fitting lid
2. Close container and refrigerate for at least 4 hours (but overnight works best)
3. Add your favorite toppings (dried fruit, fresh fruit, nuts, chocolate chips) and enjoy!

Did you know overnight oats will keep in the fridge for up to 5 days. To make 5 servings add:
- 1 ½ cups 2% Plain Greek yogurt
- 2 ½ cups rolled oats
- 3 1/3 cups 2% milk
- 5 tbsp chia seeds (or ground flax)
- 2 ½ tsp vanilla extract
- Pinch of salt
- 5 tbsp honey or maple syrup

to a tupperare and follow the remaining steps. Each morning, just scoop out a serving and top with your preferred toppings. If the oats start to look a little dry, just add a touch more milk.

NUTRITION FACTS
Servings: 1
Calories (kcal): 430
Fat (g): 13
Carbohydrate (g): 60
Fibre (g): 10
Protein (g): 22

TIPS & HINTS
If you use flavored yogurt, you may not need to add honey for sweetness. Taste it in the morning and then adjust with honey to your liking.