



Because no student

FEED-A-BULL

Should go hungry

Easy Overnight Oats

Prep Time: 5 Min.

Total Time: 8 hours, 5 Min.

Servings: 1

Ingredients:

- ½ cup uncooked oats
- 1 cup milk or juice
- Optional add ins:
 - o Flavors (1/4-1/2 teaspoon): cinnamon, vanilla extract, ginger, cocoa powder, ginger, lemon zest
 - o Toppings: dried or fresh fruit, nuts, seeds, yogurt
 - o Sweeteners (1-2 teaspoons): peanut butter, maple syrup, applesauce, coconut flakes

Instructions:

1. Add oats to a jar or container with a lid.
2. Pour milk or juice over the oats.
3. If using, add flavor ingredients to the container and stir.
4. Add toppings to the container, but do not stir.
5. Place lid on jar or container and refrigerate for 4-8 hours.
6. Add sweeteners in before enjoying.
7. Eat cold or can be heated in the microwave.

