



Makes 1 serving

OVERNIGHT OATS

INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup milk
- 1 tablespoon plain yogurt
- 1/2 teaspoon honey
- 1 to 2 tablespoons raisins
- 1/8 teaspoon pure vanilla extract
- 2 to 3 pinches cinnamon

INSTRUCTIONS

Mix together all ingredients, cover, and refrigerate for a minimum of 5 hours before eating.

Alternatively mix in an insulated thermos container (left unrefrigerated) and wait no more than 7 hours before eating.

