



Simple | Healthy | Delicious

Chia Overnight Oats

INGREDIENTS

Makes 1 bowl of oats

1/2 milk

1/2 scoop unsweetened vanilla protein powder, optional

1/2 c rolled oats

1 tbsp chia seeds

1 tbsp unsweetened dried coconut

1/2 tsp cinnamon

1/8 tsp almond extract

dash sea salt

1/2 c low-fat plain yogurt or Greek yogurt



DIRECTIONS:

1. Stir together protein powder, if using, and milk.
2. Combine all ingredients in a bowl and place in the fridge overnight. In the morning layer into a pretty glass with desired toppings.