

Simple Overnight Oatmeal

INGREDIENTS

Serving size: 1

- 1 container Silk strawberry almond dairy-free yogurt alternative
- 1/2 cup old fashioned oats
- 1/2 cup Silk unsweet almondmilk, unsweet coconutmilk or organic unsweet soymilk
- 1/2 cup fresh fruit (such as berries, peaches or sliced banana)



Recipe courtesy of Silk

DIRECTIONS

1. Combine all ingredients in a mason jar or bowl. Cover and let sit overnight in the fridge.
2. Serve hot or cold, topped with additional fruit, chopped nuts or granola, if desired.

Note: For additional nutrition, add 1 Tbsp. chia seeds or 1 Tbsp. ground flax to mixture before refrigerating.

For more recipes, visit EasyHomeMeals.com!

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