



Overnight Oatmeal Breakfast

If you need breakfast in a hurry, Overnight Oatmeal is a super solution. You have to make it the night before, so the flavors blend & the oats soak over night...but this means it's always ready to grab out of the fridge in the morning. No more excuses or unhealthy breakfasts!

Overnight oatmeal is so easy to customize, you'll find it hard to get bored when you can add your favorite fresh, frozen, or dried fruits, nuts & experiment with various flavored yogurts as well.

Ingredients

- 1 cup Greek yogurt
- 1 cup old fashion oatmeal
- ¼ cup milk of choice
- fresh or frozen fruit of choice to equal 1 cup
- 1 tablespoon dry MySeeds Chia seeds
- 1 teaspoon cinnamon
- 2 tablespoons of agave, honey or sweetener of choice
- 1 small handful of chopped nuts to sprinkle on top

Mix together all the ingredients in a small bowl and stir to combine. Divide evenly between 3 small lidded containers and garnish with a few fruit pieces. Glass containers are shown here to help avoid BPA (a plastic chemical) exposure. The oats & chia seeds will soak up the liquid from the yogurt & milk over night, to make a soft oatmeal-like breakfast in the morning. Agave is suggested here because it tastes sweeter than sugar, so you can use less. If you're using stevia or another natural sugar replacement, the goal is to equal the sweetness of 2 tablespoons of sugar.

This recipe makes 3 portions which are 6 ounces (about 3/4 cup) each. Place in the fridge overnight to let your breakfast (or afternoon I'm-starving-snack) "cook". Don't forget a spoon!

This is actually a very old practice.

In Eastern Europe it was called 'cold porridge' & made with a variety of ingredients. It's very filling, especially with the addition of chia seeds. You won't want a mid-morning snack between breakfast and lunch when you have overnight oatmeal at the ready. In this modern era, you're free to liven it up with all sorts of colorful fruits & tasty yogurt flavor options.