

Overnight Berry Oatmeal

Serves 1

Ingredients

1/2 cup old-fashioned rolled oats, uncooked
1/2 cup plain Greek yogurt
1/2 cup milk
1/8 teaspoon almond or vanilla extract
2 teaspoons pure maple syrup or honey, optional
1/2 cup frozen mixed berries, thawed

Directions

Thoroughly combine oats, yogurt, almond or vanilla extract, and maple syrup or honey.
Refrigerate overnight.
In the morning, stir in berries and enjoy.

