

# Make-Ahead Breakfast MIX & MATCH OVERNIGHT OATS

## INGREDIENTS

- 1/2 cup oats  
(old-fashioned, not instant!)
- 1/2 cup milk of choice  
(cow's milk, soy, almond, etc.)
- 1/2 cup plain Greek yogurt  
(or sub additional milk or kefir)

## INSTRUCTIONS:

1. Add all ingredients (including any optional add-ins) to a jar or container with a lid. Stir until thoroughly combined.
2. Cover and refrigerate overnight (or a minimum of 4 hours).
3. In the morning, remove from fridge and add more milk if needed to achieve desired consistency. Serve cold or reheat in microwave before adding any desired toppings.

## OPTIONAL ADD-INS

- 1/2 cup fruit (fresh, frozen, canned)
- 1/4 cup dried fruit
- 1 tbsp chia or ground flaxseeds
- 1-2 tbsp peanut butter (or other nut butter)
- 1-2 tbsp cocoa powder
- 1/2-1 tbsp sweetener (honey, maple syrup, brown sugar, etc.)
- 1/2 tsp vanilla extract
- 1-2 tbsp protein powder

