

# Easy Overnight Oats

## Ingredients



1 c. old-fashioned oats  
2 tsp. chia seeds  
1/4 tsp. ground cinnamon  
Pinch of kosher salt  
1 c. dairy or non-dairy milk  
1/2 c. Greek yogurt  
1 tbsp. honey  
Peanut butter, jam, chopped walnuts, fresh fruit, and/or cacao nibs, for topping (optional)

## Directions

1. In a medium bowl or large glass container, combine oats, chia seeds, cinnamon, and salt. Add milk, yogurt, and honey and stir to combine. Cover and refrigerate overnight.
2. When ready to serve, stir oats and top with desired toppings.