



Prep: 5 m / Ready in: 8 h 5m

No-Cook Overnight Oatmeal

*Recipe By:*sonjagroset

Ingredients

- 1/3 cup milk
- 1/4 cup rolled oats
- 1/4 cup Greek yogurt
- 2 teaspoons chia seeds
- 2 teaspoons honey
- 1 teaspoon ground cinnamon
- 1/4 cup fresh blueberries

Directions

1. Combine milk, oats, Greek yogurt, chia seeds, honey, and cinnamon in a 1/2-pint jar with a lid; cover and shake until combined. Remove lid and fold in blueberries. Cover jar with lid.
2. Refrigerate oatmeal, 8 hours to overnight.

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