

# Overnight Oatmeal

*An easy to prep, hardy oatmeal that can be snacked on over a day...*

## Ingredients

- 1 cup uncooked, rolled oats
- 1 cup yogurt
- 1/2 cup milk
- 1/2 cup berries
- 2 Tbsp Flax Seed
- Granola

## Instructions

1. In a medium bowl, mix oats, yogurt, flax seed, and milk
2. Cover and refrigerate 6-12 hours (or overnight)
3. Spoon into smaller containers and add fruit
4. Add granola when ready to eat.

## Special Notes

Courtesy medlineplus.gov "Healthy Recipes" section.

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Last update: **2020/11/15 12:05**

