



Yogurt Overnight Oats

2 servings

8 hours

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Cow's Milk, Whole
- 2 tsp Maple Syrup
- 1 tsp Vanilla Extract
- 1/2 cup Oats
- 1/2 cup Blackberries
- 1/2 cup Raspberries

Nutrition

Amount per serving	
Calories	259
Fat	6g
Saturated	3g
Carbs	35g
Fiber	6g
Sugar	14g
Protein	16g
Cholesterol	23mg
Sodium	99mg

Directions

- 1 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 2 Divide evenly between jars and top with blackberries and raspberries. Refrigerate overnight or for at least eight hours. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately one cup.

Make it Vegan: Use plant-based yogurt and milk of choice.

Additional Toppings: Top with cinnamon, coconut flakes, nut butter, nuts and seeds.