

real food can.

MAKE IT YOURSELF!
Berry Overnight Oats



I N G R E D I E N T S

- 1 Cup rolled oats
- 1 Tbsp chia seeds (optional)
- ½ Cup nonfat Greek yogurt* or 1/2 mashed banana
- 1 Cup milk of choice or water (if not using chia seeds, use ¾ cup milk or water)
- 1 tsp vanilla extract
- 1–2 Tbsp sweetener of choice (honey or maple syrup)
- 1/2 Cup of berries

Recipe courtesy of **Audrey Byker, Health Coach**

1. Place all ingredients except berries into a large glass container and mix until combined.
2. Put the top on the container and place into the refrigerator for at least 2 hours or overnight.
3. Take the finished oats out of the refrigerator, top with berries, and enjoy!

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