

No-Cook Overnight Oatmeal

Prep time: 15 min
Makes 1 serving



INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup milk of choice
- 1 teaspoon honey

Optional toppings:

- 1/4 cup any fruit of choice (fresh, canned or frozen)
- peanut butter or other nut butter
- cinnamon or other spice

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Put all ingredients in a glass jar or bowl. Mix and cover.
2. Keep in the refrigerator overnight so the oats can absorb the milk and get soft.
3. Enjoy your oats in the morning cold, or microwave for 45 seconds if you like them warm!

Money Saving Tip: Buy rolled oats in bulk and save! 1 pound of rolled oats = 5 cups = enough breakfast for 10 days!