

Overnight Oats

Ingredients

1/4 c Oats

1/4 c Greek Yogurt

1/4 c Milk

1/8 t Ground Cinnamon

1 t Agave Syrup

1/4 c Blueberries

1/2 t Chia Seeds

Instructions

In a small bowl add oats, yogurt, milk, chia seeds, and cinnamon. Mix well and refrigerate overnight. When ready to eat top with blueberries and agave syrup, mix well and enjoy.