

Overnight Oats



INGREDIENTS:

½ cup milk or nondairy milk

¾ tbsp chia seeds

2 tbsp peanut or almond butter

1 tbsp maple syrup, preferably Maine-made

½ cup rolled oats

sliced fruit or berries (optional topping)

INSTRUCTIONS:

1. In a jar or bowl with a lid, combine the milk, seeds, nut butter, and maple syrup.
2. Add oats and stir a few times. Then press down with a spoon to ensure all the oats are immersed in the liquid.
3. Cover securely and set in a fridge overnight.
4. Wake up, add toppings if desired, and enjoy!

