

recipe:

Overnight Mason Jar Oatmeal

By 100 Days of Real Food, Fast & Fabulous

SERVES: 1

- 1 – 8oz Mason jar
- ½ cup rolled oats
- ½ cup milk
- 1 tablespoon Greek Yogurt
- ½ tsp honey
- ¼ tsp pure vanilla extract
- Pinch of ground cinnamon
- 2 tablespoons raisins, dates or dried cranberries (optional)

1. Combine all ingredients in Mason jar
2. Shake briefly to mix
3. Refrigerate a minimum of 5 hours before eating
4. Before heating in the microwave, remove lid, add small amount of milk – do not overheat!