

Chia Overnight Oats

simple
healthy
delicious

Ingredients

- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ scoop unsweetened vanilla protein powder, optional
- $\frac{1}{2}$ cup rolled oats
- 1 tablespoon Nature's Earthly Choice™ Chia Seeds
- 1 tablespoon unsweetened dried coconut
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon almond extract
- dash sea salt
- $\frac{1}{2}$ cup low-fat plain yogurt or Greek yogurt

Makes 1 bowl of oats



Directions

1. Stir together protein powder, if using, and milk.
2. Combine all ingredients in a bowl and place in the fridge overnight. In the morning layer into a pretty glass with desired toppings.