**OVERNIGHT OAT RECIPE**

**Ingredients**

* 1/3 cup steel-cut or old-fashioned oats
* 1/3 -1/2 cup milk or non dairy alternative (unsweetened almond or coconut milk)
* 1/3 cup plain greek yogurt or 3 tbls 100% whey protein powder
* 1/2 tsp cinnamon

**To Do:**

1. Mix everything together, cover and store in fridge overnight
2. Warm in microwave in the morning for about 40-60 seconds
3. You may want to add a little more milk before eating, especially if you used protein powder.
4. Top with chopped nuts, seeds or fruit

DELICIOUS!!!!

To Your Health – Noreen MSRD