

INGREDIENTS

1/2 cup Oats
1/2 cup Almond Milk
1 tsp Honey
1 Tbsp Almond Butter
1 tsp Chia Seeds

TOPPING

1 Tbsp Almond Chunks
1/3 cup chopped fruit or berries

INSTRUCTIONS

1. Add all ingredients in an airtight container (mason jars are great for this) and mix together.
2. Put in the fridge overnight.
3. In the morning top with desired fruit and almonds.



Overnight Almond Oats



Serves 1



5 minutes

Prep this in a mason jar the night before and in the morning quickly cut up some fruit, grab a spoon and you have breakfast on the go.

