



## No-Cook

# Overnight Oatmeal

"Salty and savory, the roasting method kills the natural bitterness of asparagus. Try it next to grilled fish or lamb."

Prep Time 5m

Ready In 8h 5m

Calories Per Serving 279

## Ingredients

- 1/3 cup milk
- 1/4 cup rolled oats
- 1/4 cup Greek yogurt
- 2 teaspoons chia seeds
- 2 teaspoons honey
- 1 teaspoon ground cinnamon
- 1/4 cup fresh blueberries

## Directions

1. Combine milk, oats, Greek yogurt, chia seeds, honey, and cinnamon in a 1/2-pint jar with a lid; cover and shake until combined. Remove lid and fold in blueberries. Cover jar with lid.
2. Refrigerate oatmeal, 8 hours to overnight.

## Footnotes

*Cook's Note: You can use almost any fruit - bananas, peaches, or any variety of berries work best.*

## Nutrition Facts

Per Serving: 279 calories; 9.6 g fat; 41.1 g carbohydrates; 9.5 g protein; 18 mg cholesterol; 69 mg sodium.