

Chat N Chew

Weight Myth Busters Season 2-5

Vanilla Overnight Oats

- *2/3 cup unsweetened milk*
- *½ tsp. vanilla extract*
- *Maple syrup*
- *1/3 cup Greek yogurt*
- *½ cup rolled oats*
- *1 tbsp. chia seeds*
- *Pinch of salt*

Whisk milk and yogurt together. After mixing add vanilla extract. Then add your sweetener (maple syrup) and a pinch of salt to your mixture. Pour the mixture into a jar and mix in your oats and chia seeds. Let your oats sit overnight and enjoy in the morning!