

Mason Jar Oats

Overnight Oats

Ingredients:

- 1/3 cup oats (rolled oats or gluten free)
- 1/3 cup yogurt (no sugar added)
- 1/3 cup milk (milk, almond, soy milk)
- 1/3 cup berries or other fresh fruit

Instructions:

1. Place 1/3 cups oats in pint-sized mason jar
 2. Add 1/3 cups yogurt
 3. Pour 1/3 cup milk over yogurt and oats
 4. Top with 4 dices strawberries, 1/4 cup blueberries or other fresh fruit
 5. Place lid on jar
 6. Refrigerate overnight or for at least 5 hours
 7. Serve with additional fresh fruit, granola, nuts or seeds
- Refrigerate after preparing and keep refrigerated for up to 4 days.

On The Go Oats

Ingredients:

- 1/3 to 1/2 cup dry oats (rolled oats or gluten free)
- 1 cup liquid (water, dairy or non dairy)

Instructions:

1. Place oats in pint-sized mason jar
2. Place lid on jar and store until ready to enjoy
3. When ready to enjoy, add 1 cup liquid to mason jar
 - a. Water - boil water and pour over oats or pour water in jar and microwave for up to 2 minutes (until boiling). Let is set for 20 minutes then ENJOY.
 - b. Dairy or Nondairy - heat to warm temperature and pour over oats. Let is set for 20 minutes then ENJOY
4. Serve with additional fresh fruit, granola, nuts or seeds, chia seeds, flaxseeds