



# OVERNIGHT OATS AND BERRIES

## MAKES 2 SERVINGS

### Ingredients:

- 1 c plain Greek yogurt
- ½ c old-fashioned oats
- ½ c berries
- 2 Tbsp chia seeds
- Honey to taste

### Directions:

Mix Greek yogurt, oats, berries, and chia seeds. Sweeten with honey to taste. Allow mixture to soften overnight in a sealed container in the refrigerator.