



OVERNIGHT OATS

It's okay to hit "snooze" again -- this breakfast is made the night before for the ultimate combination of health and convenience. The best part? You can use any fruit you have on hand, fresh or frozen, for this delicious breakfast!

2 handfuls of regular/thick rolled oats

2 tablespoons of pumpkin seeds or slivered almonds

1/4 cup of frozen berries (or fresh)

1/4 sliced banana

1/2 cup of almond milk (or any milk)

dash of cinnamon

- 1. Mix** all ingredients together in Mason jar or to-go-container.
- 2. Place** in fridge overnight.
- 3. Eat** chilled in the morning.

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