

ICELANDIC OATMEAL (overnight oats)

2-4 Servings

INGREDIENTS

- 1 cups uncooked old-fashioned oats
- 1 cup milk
- 1 cup plain greek yogurt
- 3 Tbsp honey

DIRECTIONS

1. Mix all ingredients together in a large bowl.
2. Cover and refrigerate overnight.
3. Serve the next day with toppings (optional).

DID YOU KNOW?

Large flake and quick oats contain about 3g of fibre and 4g of protein per 1/3 cup (30g).

TOPPINGS:

Try the following ideas for variation

- bananas
- berries
- raisins & cinnamon
- pineapple tidbits
- coconut
- shredded apple



Thank you to Victory School Breakfast Club for the recipe!