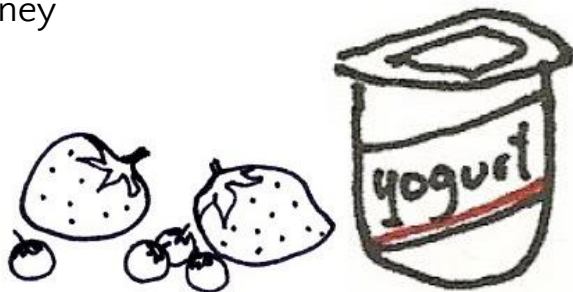


# Icelandic Oatmeal (overnight oats)

2-4 Servings

## Ingredients

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



## Toppings:

Try the following ideas  
for variations!

- Banana Slices
- Berries
- Raisins & Cinnamon
- Pineapple Tidbits
- Coconut
- Shredded Apple

## 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  $\frac{1}{3}$  cup (30g).

Thank you to Victory School Breakfast Club for the recipe!