

## Overnight Oatmeal

***Serves one***

½ cup rolled oats

Seeds (optional – can be chia, pumpkin, sesame, sunflower or flax)

½ cup milk of your choice (cow, coconut, soy, rice, almond)

½ cup plain yogurt (can be soy or rice yogurt)

Sweetener (optional – can be honey, pure maple syrup, agave, brown sugar syrup or fruits such as mashed bananas)

Toppings (optional – raisins, dried cranberries, berries, pomegranate seeds, bananas, apples, mango or anything you prefer AND nuts such as walnuts, almonds, macadamia nuts or hazelnuts)

Spices such as cinnamon

Place the oats and any seeds you are using in a jar with a lid.

Mix the milk, yogurt and sweetener in a separate bowl and pour over the oatmeal. Mix well. Cover the jar and place in the fridge overnight (or even a couple of days).

Remove the oatmeal from the fridge and place it in the microwave for about 30 seconds. If you like your oatmeal hot then do it for longer. I like letting it sit on the counter until it loses its chill and eating it cold.

Add the toppings and serve.

I made one with mashed bananas as a sweetener and topped it with cinnamon, almonds and raisins.

My absolute favorite is to sweeten with maple syrup and then mix in grated green apple. I top it with chopped green apple and walnuts.

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