



## Overnight Refrigerator Oatmeal

Jacob · 28/09/2024



### Prep Time

8 hrs 10 mins

### Difficult

Medium

### Servings

1

### Description

This onthego cold breakfast is portable quick to make healthy and greattasting You may also add honey to sweeten the oatmeal Also good with diced apple or other seasonal fruits

### Ingredients

- - ½ cup old-fashioned rolled oats - ½ cup Greek yogurt - ½ cup sweetened almond milk - 1 banana
- sliced

### Instructions

1. Stir oats
2. yogurt
3. and almond milk together in a jar with a lid. Twist lid onto jar and refrigerate
4. 8 hours to overnight. Stir oatmeal and add banana when ready to eat. Recipe Tip You can mix ingredients in any container that has a lid or that can be covered with plastic wrap.