

# NATIONAL OATMEAL DAY

## Try this recipe!

### Ingredients

1/3 to 1/2 cup liquid such as dairy milk, almond, cashew or coconut milk

1/3 to 1/2 cup old-fashioned rolled oats

1/3 to 1/2 cup yogurt, optional  
1 teaspoon chia seeds, optional but highly recommended

Serving suggestions: fruit (fresh or dried), nuts, nut butter, seeds, protein powder, granola, coconut, spices, citrus zest and vanilla extract

### Overnight Oats

1. Add the desired amounts of milk, oats, and chia seeds to a jar or container and stir. Refrigerate overnight or for at least 5 hours.
2. In the morning, add additional liquid if you'd like. Once you achieve the desired consistency, top with your favorite toppings!

