## NATIONAL OATMEAL DAY

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



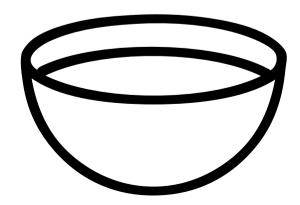
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## Try this recipe!

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.

 In the morning, add additional liquid if you'd like. Once you achieve the desired consistency, top with your favorite toppings!



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