

## Basic Overnight Oats

*This recipe was provided by Sally Roeckell of [Table and Dish](#) and was originally published at [365Barrington.com](#).*

### Ingredients

- 1/3 cup plain Greek yogurt
- 1/2 cup (heaping) rolled oats
- 2/3 cup unsweetened milk of choice
- 1 Tbsp. chia seeds or ground flax meal
- 1/2 tsp. vanilla extract
- Pinch of salt
- 0-2 Tbsp. honey or maple syrup

### Instructions

1. Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a jar with a tight-fitting lid.
2. Close and refrigerate for at least 4 hours, but preferably overnight before eating.

