

Overnight Oats

INGREDIENTS:

- Oatmeal
(all for meal 1- amount depends on your plan)
- Water (same amount as oatmeal, add more if you like it a bit 'soupy')
- Mini ball jars or other microwavable containers

DIRECTIONS:

1. Measure oatmeal and water and place in your containers
2. Add desired spices
3. Put in the fridge for the week
4. To reheat, microwave for 1.5 - 2 minutes.
5. Enjoy!

SPICES (ANY OR ALL):

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|--------------------------------|-----------------------------|
| • 1 tsp Cinnamon (or to taste) | • 1/2 tsp Nutmeg |
| • 1/2 tsp Vanilla Extract | • 1/2 tsp Pumpkin Pie Spice |
| • Stevia (to taste) | • 1/2 tsp All Spice |