



Strawberry Chia Overnight Oats

We love healthy, easy to prepare, and easy to take treats that sustain us for hours! So, we decided to whip up a delicious overnight oats recipe idea for everyone to enjoy with us!

Ingredients:

- ½ cup rolled oats
- ⅔ cup almond milk
- ⅓ cup Greek yogurt
- ½ tbsp chia seeds
- ½ cup diced fruit (we used strawberries, but you can choose your favorite!)
- ½ tsp vanilla extract
- ⅛ tsp salt
- 1 packet of stevia

Directions:

- In a medium sized bowl, stir all ingredients together. Then, spoon into containers and chill overnight!
- Enjoy in the morning!

“Never let a stumble in the road be the end of your journey.”

