

Recipe Name

Overnight Oats

Type of Meal

Breakfast

List of Ingredients

Ingredients	Quantity and Unit
Rolled oats	.5 cup
Milk (dairy or dairy-free)	.5 cup
Greek yogurt (dairy or dairy-free)	.25 cup
Chia seeds	1 tablespoon
Maple syrup	1 tablespoon



Cooking Steps

Mix all ingredients together

Soak in fridge overnight or for at least two hours

Add favorite toppings and enjoy!

Tips: Easy and delicious breakfast on a camping trip!

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