

RECIPE OF THE MONTH

Overnight Oats with Blueberries



Make The Night Before

Mix together honey, yogurt. Add milk and stir until thoroughly combined. Add oatmeal, salt, and cinnamon and stir. Dish up into individual containers. Put in cooler and chill overnight or at least 6 hours. Add blueberries in the am.

VANILLA YOGURT	1 CUP
HONEY	3 TBSP
MILK	1 CUP
DRY OATS	1 1/2 CUP
SALT	1/4 TSP
CINNAMON	1/2 TSP
FRESH BLUEBERRIES	1 CUP