Easy Overnight Oatmeal

INGREDIENTS

½ cup old fashioned oats (not instant)
½ cup milk; dairy, nut or coconut
½ tsp pure maple syrup
1 tsp vanilla extract

DIRECTIONS

Combine oats, milk, maple syrup and vanilla in a mason jar or bowl. Mix well. Seal with a lid and refrigerate overnight. Stir and add toppings right before serving. Makes 1 serving; approximately 200 calories without any toppings/additions.

**Before serving stir and add any preferred toppings such as yogurt, berries, diced fruit, nuts, seeds, nut or seed butters or spices.*