

CHERRY VANILLA OVERNIGHT OATS

Serves: 1 | Preparation: 5 minutes | Total: 8 hours

Difficulty: Easy



INGREDIENTS

- ½ cup rolled oats
- ½ cup milk or dairy-free beverage
- ¼ teaspoon vanilla extract
- ¼ cup plain yogurt
- ½ cup cherries, pitted (fresh or frozen)
- 1 tsp cinnamon
- 1 tsp ground flax seed (optional)

INSTRUCTIONS

1. In a jar, combine rolled oats, milk, and vanilla extract.
2. Layer yogurt and cherries on top of oats.
3. Top with cinnamon and ground flax seeds.
4. Refrigerate for at least 8 hours or overnight.

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Adapted from quakeroats.com