Creamy Overnight Oats Breakfast

**Ingredients**
1/2 cup old-fashioned rolled oats
1/2 cup milk of choice
1/4 cup plain yogurt
1 Tbsp chia seeds
1 Tbsp honey
1/4 tsp vanilla extract, optional

**Toppings:**
See topping suggestions

**Directions**
1. Place all base ingredients into a glass container or jar and mix until well combined.
2. Cover the container with a lid or plastic wrap. Place in the refrigerator for 4-5 hours or overnight.

**Topping suggestions:**
- 1/4 cup blueberries + 1/2 banana, sliced + 1 Tbsp of peanut butter
- 1/2 apple, diced + 1/4 tsp cinnamon
- 1 Tbsp nut butter + 1 Tbsp shredded coconut + 1 Tbsp dried fruit

**Tip:** You can add in toppings before you place in the fridge or right before serving.

Recipe adapted from feelgoodfoodies.net