

Cherry Maple Overnight Oats

Makes: 2, 8 oz. servings

Ingredients:

Quick Oats: 3 ½ oz.

Ground Cinnamon: ¼ tsp.

Dried Cherries: 1 oz.

Seedless Raisins: 1 oz.

Iodized Salt: 1/8 tsp.

Pure Maple Syrup: 1 1/3 Tbsp.

Unsweetened Oat Milk: 1 cup

Instructions:

1. Combine all ingredients and mix well.
2. Portion 8 oz. of mix into serving container.
3. Cover, label and date. Refrigerate for at least 6 hours before serving.