

Breakfast Yogurt Oats

Servings: 1

This recipe is perfect for on-the-go summer breakfasts! Make a few at a time and have breakfast ready for a few days. This is a recipe to ad lib -- try different fruit and flavorings! Keeps 2-4 days, depending on ripeness of the fruit.

Ingredients (approximate):

- ½ ripe nectarine, diced
- ¼ cup blueberries
- ¼ cup old fashioned rolled oats
- ½ cup plain yogurt
- 1 tsp chia seeds
- 1/8 tsp almond extract
- Sweetener to taste

Mason jars or a large tumbler with a tight fitting lid work well. Place oats, yogurt and chia seeds in container, cover and shake to mix well. Stir in fruit. Place in refrigerator overnight. In the morning, breakfast is ready! If porridge is too thick for your taste, add a little milk.

