

# Be Prepared

## Silk overnight oats

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Make these delicious overnight oats in advance and grab whenever you need a quick breakfast addition. Nothing speeds up a morning routine like things you already have done and ready to go before it's morning!

Mix up these delicious overnight oats before you go to bed, then just grab on your way out the door for a balanced breakfast that keeps up with you wherever you go.



## Ingredients

- 1/2 cup Rolled Oats
- 1/2 cup Silk Unsweetened Vanilla Almondmilk OR use Silk Soy for added protein
- A drizzle of honey or agave
- 1 tbsp nut butter of your choice (or sunflower seed butter for an allergy friendly option)
- Toppings of your choice – fresh, frozen, dried fruit, nuts, seeds – you name it!

## Directions

- Add oats, Silk Unsweetened Vanilla Almondmilk, honey/agave and nut butter into a small mixing bowl and mix until thoroughly combined.
- Cover and refrigerate overnight so that the oats soften.
- To serve, layer additional fruit with the oat mixture.
- Then just grab and go! (Makes 2 servings).