



Berry Blast Overnight Oats

From "Communication Matters"
Season 4, Episode 7



Ingredients

- Honey
- Milk
- Chia Seeds
- Yogurt
- Oats
- Berries
- Coconut flakes
- Chocolate chips

Steps

1. Dump a tea spoon of honey in a jar
2. Pour in a cup of milk in the jar
3. Add 1/2 a tablespoon of chia seeds to the jar
4. Add 1/8 cup of yogurt and 1/2 cup of oats
5. Use a spoon to mix all the ingredients
6. Put jar in the refrigerator overnight
7. The next day, add a handful of blueberries and strawberries on top.
8. Sprinkle a spoonful of coconut flakes and chocolate chips on top.
9. Enjoy your Berry Blast Overnight Oats!

