

Peach-Berry-Almond Overnight Oats

Makes: 1 Breakfast • **Prep Time:** 5 minutes • **Cook Time:** 20 to 30 seconds (if heating in microwave)

Ingredients

1/2 cup rolled oats (not instant)
1/2 cup almond milk (milk or water also work...your choice)
1/2 peach, chopped
1 tsp. honey (optional)
1/4 tsp ground cinnamon
pinch salt
1/4 cup fresh or frozen blueberries
Handful of sliced almonds (about 2 Tbsp.)

Directions

The night before combine oats, almond milk, chopped peaches, honey, cinnamon, salt and blueberries in a mason jar or bowl. Give it a stir, cover, set in the fridge, and let sit overnight (or for a couple hours).

In the morning either:

- Top with sliced almonds and eat cold.
- Pour oats into a microwave safe bowl, heat in the microwave for 20 to 30 seconds, then top with extra fruit, blueberries and the almonds.
- Grab a spoon and eat them whatever way works best for you!



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