



Blackberry Overnight Oats

INGREDIENTS

One 6-oz. carton plain, low-fat yogurt or
5.3-oz. carton plain, whole-milk Greek yogurt
2/3 cup regular rolled oats
2/3 cup milk (or preferred milk substitute)
1/2 cup fresh blackberries
1 tablespoon blackberry preserves (or to taste)
1 tablespoon chia seed or flaxseed meal (optional)
Sliced almonds



DIRECTIONS

- 1.** In a medium bowl combine ingredients.
- 2.** Transfer mixture to a pint jar with a lid or two half-pint jars with lids.
- 3.** Cover and chill overnight or up to 3 days.
- 4.** To serve, top with additional blackberries and almonds.

Makes 2 servings.

RECIPE INSPIRED BY BETTER HOMES AND GARDENS