

OATMEAL JARS!

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These are a staple in our fridge as the kids and adults love them for an easy breakfast or a snack. We make a variety and then mark the top with an erasable marker to know what belongs to whom!

1/3 cup plain 2% Greek Yogurt

1/2 cup (heaping and add more as needed) quick cooking or rolled oats

2/3 cup milk of choice (add more as needed)

-1-2 teaspoons pure maple syrup

Additional add-ins: Peanut Butter, Shakeology, Extra Dark chocolate chips, fruit of choice, coconut, applesauce, pumpkin puree, cinnamon, nutmeg, and the list goes ON!!!

ENJOY!