OVERNIGHT OATS
Recipe by River Valley Community Grains

Ingredients
• ⅓ cup of rolled oats from River Valley Community Grains
• ⅓ cup Greek yogurt
• ⅓ cup milk of choice
• 1 handful of blueberries (or chopped strawberries) from Fino Farms
• 2 TBSP chopped almonds or walnuts
• 1 TSP honey (from Boogie Down Bronx Honey)

Instructions
To a Tupperware or glass Mason jar add the oats, yogurt, and milk. Stir until combined and then add your fruit of choice. Store in fridge overnight for at least 8 – 10 hours. When ready to eat, top with nuts, more berries, or honey!