



Raspberry Lemon Overnight Oats

This vibrant, tangy overnight oats will brighten your day and power you through your morning.

Makes: 2 servings

Ingredients

1 cup raspberry Skyr yogurt

1 cup raspberries, frozen and slightly thawed, or fresh

1/2 cup quick cook steel cut oats

1/2 cup plain kefir

2 Tbsp chia seeds

4 tsp fresh lemon juice

Optional toppings: raspberries and finely chopped dark chocolate

How to Make

In a medium bowl, stir all ingredients together until well combined, slightly mashing the raspberries.

Spoon into 2 glass jars, cover and refrigerate overnight. When ready to eat, add optional toppings and enjoy.

Tips:

I use Quaker's Quick Cook Steel Cut Oats but you can use large flake oats instead.

I use lower sugar Skyr yogurt but you can use plain if you want even less added sugar.