

# Oats in a jar

Yield: 1 serving  
Prep time: 5 minutes

Overnight Oats in a Jar can be eaten the next morning cold right from the fridge or can be warmed-up in the microwave before adding your fruit and nut toppings.

## Ingredients

- 3/4 cup rolled oats
- 3/4 cup soy beverage
- 1 tbsp wheat bran
- Pinch cinnamon

## Toppings:

- fresh fruit (raspberries, strawberries, blueberries, sliced bananas, sliced peaches) or dried fruits (dried blueberries, cherries, cranberries, raisins, apricots)
- nuts (almonds, walnuts, pecans)

## Directions

1. Combine oats and soy beverage in a 500 ml (2 cup) jar.
2. Sprinkle wheat bran and cinnamon on top of the mixture. Stir well. Seal the jar tightly.
3. Put the jar in the fridge overnight.
4. The next morning sprinkle your favorite fruit and nuts into the jar on top of the oats and enjoy!

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## GrainFact:

Oats are good for your health, and can be good for our environment too!  
Many farmers plant oats as a cover crop to keep their soils healthy and fertile.



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