

NYBG

FARMERS MARKET RECIPE



OVERNIGHT OATS

Recipe by River Valley Community Grains

Ingredients

- 1/3 cup of rolled oats from River Valley Community Grains
- 1/3 cup Greek yogurt
- 1/3 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!