

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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## Overnight Oatmeal Treat

Makes 1 serving

### *Ingredients:*

1/4 apple, diced  
1/4 cup quick oatmeal (we used Coach's Oats 100% Whole Grain Oatmeal)  
1/4 cup fresh or frozen blueberries  
1/2 cup almond milk (or coconut milk)  
1 teaspoon pumpkin seeds  
1 teaspoon ground flax seed  
2 teaspoons dried cranberries (sweetened with apple juice)  
4 teaspoons greek yogurt  
1/4 teaspoon cinnamon

### *Directions:*

1. Combine all ingredients in a thermos container or container with lid.
2. Gently mix.
3. Refrigerate overnight (at least 12 hours).
4. Next day, toss lightly and enjoy.

*Note: If you like your oatmeal on the sweet side, add a sprinkle of brown sugar. This can be eaten as a breakfast or as an evening treat if prepared in the morning.*