

## MORTON & BASSETT SPICES®

# Overnight Oats



- 1 cup rolled oats, uncooked (do not use instant oats!)
- 1 cup milk of choice
- 2 tablespoons yogurt of choice
- 1 teaspoon Morton & Bassett Ground Cinnamon
- 1 teaspoon Morton & Bassett Ground Cardamom
- 1/2 teaspoon Morton & Bassett Ground Ginger
- 1/2 teaspoon Morton & Bassett Pure Vanilla Extract
- 1/2 peach, chopped
- 2 tablespoons shredded coconut

In a mason jar, combine rolled oats, milk, yogurt, M&B Cinnamon, M&B Ground Cardamom, M&B Ginger, and M&B Vanilla. Add peach bits, shredded coconut into the mason jar, then mix well with a spoon or shake well to combine. Place a lid on the jar, and let sit in the refrigerator overnight, or at least 8 hours. Oats will soften from the milk and the yogurt. Enjoy for breakfast!

**Servings: 4 | Time: 8 hours 10 minutes**



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