

Overnight **GALAXY** Brain Boosting Oats

Gather together all of your supplies:

1. Mixing bowl
2. Spoon
3. Measuring cups
4. Measuring spoons

Gather all of your ingredients and mix them together in the mixing bowl.

- 1/3 cup plain Greek yogurt
- 1/2 cup (heaping) rolled oats
- 2/3 cup unsweetened milk of choice
- tablespoon chia seeds or ground flax meal
- 1/2 teaspoon vanilla extract
- Pinch of salt
- honey or maple syrup to taste

Spoon the mixture into a jar with a tight-fitting lid.

Close and refrigerate for at least 4 hours, but preferably overnight before eating.

Want to add brain boosting nutrients to your oats?! Consider adding berries and/or sliced nuts to improve the nutritional content of your breakfast.