

Overnight Oats – 7 Day Breakfast Meal Prep

Yield: 1 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/best-father-s-day-brunch-recipe>

Ingredients:

- 8 yogurt pack of Yoplait Strawberry Banana
- 2 cups rolled oats
- 2 tablespoons coconut sugar or brown sugar
- 1 tablespoon flax seed meal
- 1/4 cup milk
- 2 tablespoons pistachios
- 2 tablespoons almond slices
- 2 tablespoons pecan halves
- 1 tablespoon almond slivers
- 1 tablespoon mangoes
- 1 tablespoon blackberries
- 1 tablespoon pineapple
- 1 tablespoon blueberries
- 1 tablespoon peaches
- 1 tablespoon strawberries
- 1 tablespoon fruits mixed