



Tropical Oatmeal

Ingredients

- ¼ cup coconut milk, almond or regular milk
- ¼ cup organic, plain greek yogurt
- ¼ cup organic oats
- ¼ cup blueberries (pineapple works great too)
- ½ cup strawberries
- 1 heaping tbsp unsweetened shredded coconut

Directions

Add all the ingredients into a mason jar and stir well. Place overnight in the fridge. In the morning you can eat it cold or you can remove lid and warm in microwave. If you like a thinner oatmeal add additional milk.

The
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