

Fig and honey overnight oats

SERVES: 1 TIME: 10 MIN

Throw this together when you batch cook and it'll be perfectly cold, creamy, and "cooked" in the morning (though they can be enjoyed warm, too).

Ingredients

¼ cup steel-cut oats
1 scoop collagen peptides
¼ cup yogurt, greek, plain, whole milk
1 tsp honey
½ cup almond milk, unsweetened, vanilla
1 Tbsp almond butter
2 figs, sliced

Instructions

1. Combine oats, collagen, yogurt, honey, and almond milk in a tupperware or glass jar; stir well or cover and shake to thoroughly mix. Top with almond butter and figs; refrigerate overnight
2. Stir or shake before eating.

NOTES:

Use DF yogurt to make DF.