



CONCORD GRAPE OVERNIGHT OATS

SERVES:

1

PREP TIME:

6H

COOK TIME:

0M

GLUTEN FREE VEGETARIAN

INGREDIENTS:

1 Almost Empty Jar of
Crofter's Organic Premium
Concord Grape Fruit Spread

1 Cup Gluten Free Rolled
Oats

2 Tbsp Greek Yogurt

1 Tbsp Vanilla Extract

1 Tbsp Chia Seeds

1 Tsp Salt

1 Cup Milk

DIRECTIONS:

1. Add the rolled oats, Greek yogurt, vanilla extract, chia seeds, and salt to the almost empty jar of Crofter's Organic Premium Concord Grape Fruit Spread. Scrape the sides of the jar to incorporate the remaining fruit spread and mix all the ingredients in the jar.
2. Next, add in the milk and stir. The jar should be pretty full so make sure to gently stir and get all of the ingredients evenly mixed together.
3. Once mixed, put the lid back on the jar and place in the refrigerator for at least 6 hours to allow the oats to soften and absorb all the flavors. For best results, let it sit in the refrigerator overnight. Keep in refrigerator until ready to eat. Enjoy hot or cold!