

Berry Crumble Overnight Oats

1½ cups frozen mixed berries
2 teaspoons chia seeds plus 1 tablespoon, divided
¾ teaspoon light brown sugar plus 1 tablespoon, divided
2 teaspoons lemon juice
1½ teaspoons ground cinnamon, divided
¼ teaspoon salt
2¼ cups whole milk
2 cups old-fashioned rolled oats
½ cup reduced-fat plain Greek yogurt
1 teaspoon vanilla extract

Crumble Topping

3 tablespoons all-purpose flour
1 tablespoon light brown sugar
1½ tablespoons unsalted butter, melted
½ teaspoon ground cinnamon
⅛ teaspoon salt

1. Prepare oats: Combine frozen berries, 2 tsp chia seeds, brown sugar, lemon juice and cinnamon and salt in a medium saucepan. Cook over medium-low heat, stirring occasionally, until most of the berries have burst (~6 minutes). Set aside to cool to room temperature. Transfer to a small bowl; refrigerate, covered, until ready to use.
2. Stir milk, oats, yogurt, vanilla and the remaining 1 tablespoon each chia seeds and brown sugar together in a medium bowl until fully combined. Cover and refrigerate for at least 8 hours.
3. Prepare crumble topping: Preheat oven to 350°F. Line a small rimmed baking sheet with parchment paper. Combine all-purpose flour, brown sugar, melted butter, cinnamon and salt in a small bowl; stir until the mixture holds its shape when squeezed together. Spread evenly on the prepared baking sheet.
4. Bake until fragrant and lightly toasted (~5-7 minutes). Let cool completely on the baking sheet (~15 minutes). Transfer to an airtight container and store at room temperature until ready to use.
5. To assemble, spoon 1/2 cup oat mixture into 4 (12oz) jars with lids; arrange about 3 tablespoons berry mixture over the oats in each jar. Top each with an additional ½ cup oats. Sprinkle each jar with about 2 tablespoons crumble topping just before serving.

