

Meals-in-a-Jar
Made Easy

PINA COLADA OATMEAL

1/3 c. FD Pineapple
2 T. FD Coconut
3 T. Instant Milk
2 T. Brown Sugar
1 T. Flax Seeds
1/2 c. Oatmeal

Add 1 cup of water to jar and let stand overnight. In the morning stir up and enjoy!

<http://mealsinajar.net>

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