

Overnight Oats

1 SERVINGS

PREP: 5 MINS



INGREDIENTS

Base

- 1/2 cup rolled oats
- 1/2 cup milk (*of choice*)
- 1/4 cup non-fat Greek yogurt
- 1 tbsp. chia seeds
- 1 tbsp. sweetener (*honey or maple syrup*)
- 1/4 tsp. vanilla extract

Peanut Butter & Jelly

- 1 tbsp. strawberry jam
- 1 tbsp. creamy peanut butter
- 1/4 cup diced strawberries
- 2 tbsp. peanuts (*crushed*)

Apple Pie

- 1/4 cup diced apples
- 1 tbsp. pecans
- 2 tsp. maple syrup
- 1/4 tsp. cinnamon

Banana Nutella

- 1/2 banana (*sliced*)
- 1 tbsp. Nutella
- 1 tbsp. hazelnuts (*crushed*)
- 1 tbsp. chocolate chips

Almond Joy

- 1/4 cup shredded coconut
- 1 tbsp. almonds (*chopped*)
- 1 tbsp. chocolate chips
- 2 tsp. maple syrup

DIRECTIONS

1. Place all ingredients into a large glass container and mix until combined
2. Cover the glass container with a lid or plastic wrap. Place in the refrigerator for at least 2 hours or overnight. Toppings can be added the night before or immediately before serving.
3. Uncover and enjoy from the glass container the next day. Thin with a little more milk or water, if desired.

NOTES

Storage: Overnight oats can be stored in the fridge for up to 5 days. This makes it an ideal breakfast meal prep to make on Sunday night for the week.

Substitutes: For best results, follow the recipe as is. However here are some common substitutes that would work well in this recipe.

- Make it vegan: Use plant-based milk, plant-based yogurt, and maple syrup for sweetener
- Make it gluten-free: Use certified gluten-free oats.
- Make it sugar-free: Omit the sweetener all together or used mashed or pureed fruit in the base recipe.

