

Overnight Oats

PREP TIME: 3-5 MINS

BASE YIELDS: 2 CUPS

CHILLTIME: OVERNIGHT

Base Ingredients

- 1 cup old fashioned rolled oats
- 1 cup milk of choice

Optional Ingredients

- Plain/flavored Greek yogurt
- Fruit (see chef's tip below on frozen fruit)
- Maple syrup, honey, or other sweetener
- Ground cinnamon, nutmeg, or clove
- Nut butters
- Coconut flakes
- Seeds or chopped nuts
- Chia seeds



IMAGE SOURCED FROM CANVA

Nutrition Content for 1/2 Base Recipe

Calories: 227kcal

Carbohydrates: 33.5g

Fat: 6.3g

Fiber: 4.2g

Protein: 9.5g

Added sugar: 0g

Sodium: 46.8mg

Directions

1. Combine base ingredients in a glass jar or container (if portioning, separate into 2 jars; each jar should have ½ cup oats ½ cup milk)
2. Place in the refrigerator to soften overnight, or add in additions of choice.

Chef's Tips

1. Make it seasonal with fall flavors by adding maple syrup, canned pumpkin, ground cinnamon, & roasted pecans on top!
2. Frozen fruit can be transferred to the refrigerator the night before to make it perfectly soft to layer onto the oats before serving.
3. Chia seeds can be added before placing in the refrigerator for a more pudding-like consistency. Greek yogurt can also be added for extra creaminess.
4. Putting nut butters in before refrigerating will result in a very firm texture and is not recommended.

Qualities

Texture: Soft

Scent : 0/10

Spice Level: 0/10

Recipe Benefits

Promotes Gut Health

Anti-Nausea

High-calorie potential

