

Overnight OATS

RECIPE

SERVES 1
PREP TIME: 5 MINUTES

INGREDIENTS

1/3 cup rolled oats
1/3 cup yogurt
1/3 cup milk

OPTIONAL MIX INS:

fresh or dried fruit, chia or flaxseed, peanut butter, cocoa powder, sweetener (honey, maple syrup, brown sugar), protein powder, cinnamon, canned pumpkin, nuts (add right before eating)

METHOD

1. Combine the oats, yogurt, and milk in mason jar or Tupperware. Add in mix ins as desired. Stir well, cover, and refrigerate overnight.
 2. In the morning enjoy as is, or warm in the microwave and stir before eating.
- If using a mason jar, remove the metal lid before microwaving.

Tip

If not using yogurt, use 1/2 cup oats and 1/2 cup—
3/4 cup milk or alternative milk like almond, soy or rice milk.

SUGGESTED COMBINATIONS

mixed berry
vanilla extract
almonds

banana
peanut butter
cocoa powder

pineapple
coconut
chia seeds

blueberry
vanilla protein powder
peanut butter

pumpkin
cinnamon
walnuts

apple
cinnamon
maple syrup

strawberry
chocolate protein powder