

OVERNIGHT OATS



HEALTHY EATING SERIES
COMPLIMENTS OF SFG



Ingredients

BASE

- ½ cup old fashioned rolled oats
- ½ cup milk (your preference)
- 2 tbsp chia seeds (optional)

FLAVOR

- ¼ tsp vanilla extract
- ½ tsp cinnamon
- ½ tsp cocoa powder (optional)
- 1 tbsp honey or maple syrup (optional)

OPTIONAL MIX INS

- 1 cup fruit of your choice
- 2 tbsp nuts or nut butter
- 2 tbsp shredded coconut

Nutrition

Nutrition Information varies based on milk choice and mix ins.

In general, overnight oats make for a well-balanced, nutritious meal. They include whole grains, healthy fat and protein.

Oats are high in *fiber*, *iron* and *magnesium*. Milk is a good source of *vitamin D* and *calcium*. Chia Seeds are rich in *omega-3 fatty acids*, *fiber*, *protein*, and *calcium*.

This recipe is also a great way to meet your daily fruit recommendations, which will provide additional *fiber*, *vitamins* and *minerals*, including *antioxidants*.

Preparation time	Cook time	Total time	Servings
5 minutes	None	5 minutes	1

Description

Overnight Oats make for a great alternative to warm oatmeal in the summertime. They are prepared in advance so you can maximize your time in the morning. While the base remains the same, the options for mix ins are endless, so have some fun and get creative!

Directions

You can prepare overnight oats two ways. We recommend using mason jars, but you can also use regular Tupperware.

- Layered:** Mix your base and mix ins in separate bowls and alternate adding them to the jar.
- Mixed:** Mix everything together in one bowl and scoop into your jar. Or better yet, add all ingredients directly to the jar and shake it up!

Notes

Chia Seeds: Chia seeds will absorb liquid and transform into a jello-like consistency. If this texture is not for you, you can simply omit the chia seeds from the recipe.

Mix In Ideas: Get creative with your flavor combinations. Some of our favorites include Blueberry Lemon Cheesecake and Peanut Butter and Jelly. Need some inspiration? A quick Google search of 'overnight oats' will keep you busy!

Save Time: You can prepare breakfast for the week at once and store the jars in the fridge!