

OVERNIGHT OATS RECIPES:

Blueberry Muffin Overnight Oats (Serves 1):

- 1 cup skim milk
- ½ cup old fashion rolled oats
- 2-3 Tbsp blueberries
- 2 Tbsp chopped almonds or pecans
- 1 Tbsp chia seeds
- 1 Tbsp ground flax seed or semolina
- pinch cinnamon
- 1 tsp pure maple syrup



Combine first 7 ingredients in a Mason jar or Tupperware. Seal and shake to mix ingredients. Refrigerate overnight. Lightly drizzle maple syrup when serving.

Strawberry Banana Overnight Oats (Serves 1):

- 1 cup skim milk
- ½ cup old fashion rolled oats
- ½ small banana, diced
- 4 strawberries, sliced
- 1 Tbsp chia seeds
- 1 Tbsp ground flax seed or semolina
- 1 tsp honey



Combine first 6 ingredients in a Mason jar or Tupperware. Seal and shake to mix ingredients. Refrigerate overnight. Lightly drizzle honey when serving.

Honey Nut Overnight Oats (Serves 1):

- 1 cup skim milk
- ½ cup old fashioned rolled oats
- 3 Tbsp slivered almonds
- 2 drops vanilla extract
- 1 Tbsp chia seeds
- 1 Tbsp ground flax seed or semolina
- 1 tsp honey
- granola



Combine first 6 ingredients in a Mason jar or Tupperware. Seal and shake to mix ingredients. Refrigerate overnight. Pour granola and lightly drizzle honey when serving.

Oatmeal Cookie Overnight Oats (Serves 1):

- 1 cup skim milk
- ½ cup old fashioned rolled oats
- 2 Tbsp pecans or almonds
- 2 Tbsp raisins or dried cranberries
- 1 Tbsp chia seeds
- 1 Tbsp ground flax seed or semolina
- pinch cinnamon and nutmeg
- 1 tsp pure maple syrup



Combine first 7 ingredients in a Mason jar or Tupperware. Seal and shake to mix ingredients. Refrigerate overnight. Lightly drizzle maple syrup when serving.

Chocolate Hazelnut Overnight Oats (Serves 1):

- 1 cup skim milk
- ½ cup old fashioned rolled oats
- 2 Tbsp chopped hazelnuts
- 2 Tbsp dried cherries or raisins
- 1-1½ tsp unsweetened cocoa powder
- 1 Tbsp chia seeds
- 1 Tbsp ground flax seed or semolina
- 1 tsp pure maple syrup



Combine first 7 ingredients in a Mason jar or Tupperware. Seal and shake to mix ingredients. Refrigerate overnight. Lightly drizzle maple syrup when serving.