



## Overnight Oats

Morning times can often be rushed and making breakfast can take up precious time. That's why overnight oats have become more popular recently. Below is a base recipe for overnight oats that will take minutes to make along with 12 different flavor variations. Feel free to create your own variations by adding some of your favorite fruits, nuts, protein sources, etc.

### Base recipe:

- ½ cup old-fashioned oats
- ½ cup milk or yogurt of your choice
- 1 jar or bowl with lid

Mix your oats and milk or yogurt in the container. You can let this mixture sit overnight and add additional ingredients in the morning or you can choose to add them now and then let them all sit overnight.

## VARIATIONS

### Mixed Berry:

- ¼ cup sliced strawberries
- ¼ cup blueberries
- 1 tbsp ground flaxseed
- ¼ tsp vanilla
- ¼ tsp cinnamon

**Peanut Butter:**

- 1 tbsp peanut butter (smooth or crunchy)
- ¼ tsp vanilla
- ¼ tsp cinnamon
- 1 tsp honey

**Pumpkin:**

- ¼ canned pumpkin (not pumpkin pie filling)
- 1 tbsp maple syrup
- ¼ tsp cinnamon
- ¼ tsp nutmeg

**Chocolate:**

- 1 tbsp cocoa powder
- ½ tsp vanilla
- 1 tsp agave nectar
- 1 tsp dark chocolate shavings or 1 tbsp mini dark chocolate chips

**Banana:**

- ½ banana sliced
- 1 tbsp chopped walnuts
- ¼ tsp vanilla
- ¼ tsp cinnamon
- 1 tbsp brown sugar

**Mocha:**

- Substitute ¼ cup cold coffee for half of your liquid base
- 1 tsp cocoa powder
- ½ tsp vanilla
- 1 tbsp sugar

**Fruit and Nuts:**

- ¼ cup yellow raisins
- ¼ cup sliced almonds
- ¼ tsp almond extract
- ¼ tsp ground cardamom

**Peaches and Cream:**

- 1 peach, diced
- ¼ tsp vanilla extract
- ¼ tsp cinnamon
- 2 tbsp chia seeds



## **Chunky Monkey:**

- ½ banana sliced
- 2 tbsp shredded coconut
- 1 tbsp peanut butter (chunky or smooth)
- 1 tsp honey
- 1 tsp mini dark chocolate chips (as a topping)

## **Blueberry:**

- ½ cup blueberries
- 2 tbsp sliced almonds
- 1 tsp maple syrup
- ¼ tsp cinnamon and/or nutmeg

## **Strawberry-Banana:**

- ½ banana sliced
- 3 tbsp sliced strawberries
- 1 tsp honey

## **Honey and Nuts:**

- 3 tbsp sliced almonds
- 1 tsp honey
- ¼ tsp vanilla extract
- 2 tbsp granola (as a topping)

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Recipes adapted from:

- [www.clevelandclinic.org/healthhub](http://www.clevelandclinic.org/healthhub)
- [www.nutritionistreviews.com](http://www.nutritionistreviews.com)
- [www.onelovelylife.com](http://www.onelovelylife.com)

V120920