

Overnight Oats

Basic Ingredients

- ½ cup old fashioned rolled oats
- ½ cup milk
- ¼ cup plain yogurt, or ¼ cup more milk
- 1-2 teaspoons sweetener (maple syrup and honey work well)
- 1 teaspoon chia seeds, optional
- ½ teaspoon vanilla extract, optional
- pinch of sea salt
- toppings of choice: fruit, nut butter, nuts, seeds, etc.

Variations

Chocolate Chip Overnight Oats

- 2 tablespoons chocolate chips

Peanut Butter Overnight Oats

- 1 tablespoon peanut butter

Berry Overnight Oats

- ¼ cup fresh berries

Instructions

- Add oats, milk, yogurt, maple syrup, chia seeds, vanilla and sea salt into a jar or storage container with a lid. Stir ingredients together. Place in the fridge overnight. If you're in a rush you can shorten the soak time to 2-4 hours.
- The next morning (or when ready to eat), remove lid and give oats a big stir. If they seem too thick you can add a little more milk to loosen the mixture. Top with your favorite toppings and enjoy. You can eat the oats straight from the jar or pour into a bowl for serving.
- Overnight oats should last up to 5 days in the fridge in a sealed airtight container.

Chocolate Chip Overnight Oats

- **Stir 1 tablespoon of chocolate chips into the overnight oat mixture when prepping and then sprinkle oats with remaining chocolate chips to serve.**

Peanut Butter Overnight Oats

- **Stir 1 tablespoon of peanut butter into the overnight oat mixture when prepping.**

Berry Overnight Oats

- **Stir 2 tablespoons of berries into the overnight oat mixture when prepping and then top oats with remaining berries to serve.**