

Overnight Oats

Overnight oats are the perfect grab-and-go breakfast: they're quick, filling, affordable, and adaptable!

Quick: Only 5 minutes to prep! Make a few jars and have breakfast ready for the next few days

Filling: Packed with 10-20g protein, 10-15g fiber, and 400-500 calories

Affordable: Oats are pennies per pound when purchased in

Adaptable: Seasonal fruits and various seeds or nut butters make over a dozen of possibilities

DIRECTIONS

> In a glass jar, add in one ingredient from each category, stir well, and refrigerate overnight or for 4 hours.

> Keep for up to 3 nights.

> Eat cold or hot

MILK

Almond - original, vanilla, chocolate (3/4 cup)

Soy - original, vanilla, unsweetened (3/4 cup)

Low Fat - regular or lactose free (3/4 cup)

PROTEIN

Nut Butters - peanut, almond, cashew, sunflower (1 Tbl)

Protein powder - whey, hemp, soy, pea (1 scoop)

Yogurt - Low fat greek, coconut, soy (1/4 cup)

SEEDS

MILK

FRUIT

PROTEIN

FLAVORS

OATS

OATS & QUINOA

Dry Old Fashioned Oats - (1/2 cup) Quick-cook oats can be used instead if a softer texture is desired

Cooked Quinoa or Brown Rice - (1/2 cup) Feeling adventurous? Use leftover grains instead

OPTIONAL FLAVORS

Sugar - maple syrup, agave, honey, sugar (2 tsp) coffee creamer, chai tea concentrate (2 Tbl)

No/ Low Calorie - stevia, cinnamon, ginger, unsweetened cocoa, vanilla extract (1/2 tsp)

SEEDS

Chia - for a boost of fiber (1 tsp)

Ground flax - for a thicker texture (1 tsp)

Sunflower - for an extra crunch (2 tsp)

FRUIT

Fresh, Diced - apple, ripe banana, pear, mango (1/2 each)

Frozen - berries, cherries (1/2 cup)

Canned - pumpkin, pears, peaches (1/2 cup)