

# Overnight Oats

Overnight oats are a great way to meal prep ahead of time. They are an excellent source of whole grains, fiber, and protein to help keep you satisfied. Start with 1/2 cup of milk or milk alternative. If you prefer a thicker or thinner final product, just adjust your amount of liquid accordingly. Follow the easy steps below to customize your next batch of Overnight Oats.

## 5 **Add-Ins** A few



Cocoa powder



Ground flax seeds



Mini dark chocolate chips



Vanilla extract



Ground cinnamon



Chopped nuts



Raisins

1 tablespoon sweetener of choice



Chia seeds



Unsweetened flaked coconut

## 4 **Fruit:** 1/2 cup



Fresh berries



Sliced banana



Diced apple



Frozen berries



Cut or diced peaches



Pumpkin puree

## 3 **Protein:** 1 serving



1/2 cup nonfat plain Greek yogurt



1 tablespoon peanut butter or other nut/seed butter

## 2 **Liquid:** 1/2 cup

Reduced-fat milk



Unsweetened almond milk



Unsweetened cashew milk



Unsweetened soy milk



Unsweetened oat milk



## 1 **Oats:** 1/2 cup



Old-fashioned oats



Glass or food-grade plastic containers

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Quick and easy, these three Overnight Oats are sure to become a staple in your routine. Prep up to 3 days in advance for best quality. The longer the oats sit, the more liquid they will absorb. Adjust your liquid as needed. Top your oats with delicious add-ins when you prep them in advance or right before serving.

## Ideas



### 5 **Add-Ins:** A few



### 4 **Fruit:** 1/2 cup



### 3 **Protein:** 1 serving



### 2 **Liquid:** 1/2 cup



### 1 **Oats:** 1/2 cup

