Cooking **Essentials**

Ingredients for Life

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.







1 tablespoon sweetener

of choice

Cocoa powder











flaked coconut



Ground cinnamon

Raisins

Fruit: 1/2 cup













Diced apple

Frozen berries

Cut or diced peaches

Pumpkin puree

Protein: 1 serving



1/2 cup nonfat plain Greek yogurt





Reduced-fat



Unsweetened almond milk





Unsweetened cashew milk

> Unsweetened soy milk





Unsweetened oat milk

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

Add-Ins:



Protein: 1 serving

Liquid: 1/2 cup

1/2 cup



1 tablespoon

sweetener

of choice

Vanilla

extract

Chia seeds

Frozen berries

1/2 cup nonfat

plain Greek yogurt

Reduced-fat

milk

Old-fashioned oats



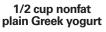




















Peanut Butter and

Banana Overnight Oats



Sliced banana







Old-fashioned oats







