Overnight Oats

Hosted by: FitLife Registered Dietician

Basic Overnight Oats Recipe

1/3 cup oats
1/2 cup milk (soy, cows, almond)
1/3 cup plain Greek yogurt
1/2 tablespoon chia seeds

Approximately 1/2 tablespoon honey, maple syrup, or agave syrup

Instructions

1. Put all of the ingredients in a mason jar (or container of your choice.)
2. Put the lid on and shake it up until all ingredients are combined.
3. Store in fridge overnight (or up to 3 days) and enjoy.
4. Top with any toppings you like (fruit, nut butter, flavors/extracts, granola, cereal, etc.)

Tailor to your own taste preference by adding some of the following ingredients to your basic overnight oats recipe:

Chocolate Peanut Butter Banana

1 tablespoon cocoa
1/3 of a banana; sliced
1 tablespoon peanut butter

Strawberries and Cream

3-4 strawberries; chopped
1 teaspoon vanilla extract

Peaches and Cream

1/2 of a peach; chopped
1 teaspoon vanilla extract

Apple Cinnamon

1/2 teaspoon cinnamon
1/3 of an apple; chopped or 1/4 cup of applesauce