

## Overnight Oats

*Hosted by: FitLife Registered Dietician*

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### 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

