

OVERNIGHT OATS

Basic Overnight Oats

½ cups old fashioned oats
½ cup milk of choice
1/3 cup plain Greek yogurt (optional)
1 Tbsp chia seeds
1-3 tsp honey, maple syrup or sweetener
½ tsp vanilla

Banana Chocolate Chip

½ cups old fashioned oats
½ cup milk of choice
½ ripe banana, sliced or mashed
1/3 cup plain Greek yogurt (optional)
1-2 Tbsp chocolate chips
1 Tbsp chia seeds
1-3 tsp honey, maple syrup or sweetener
½ tsp vanilla

Peanut Butter Banana

½ cups old fashioned oats
½ cup milk of choice
½ ripe banana, sliced or mashed
1/3 cup plain Greek yogurt (optional)
1-2 Tbsp natural peanut butter
(or peanut butter powder)
1 Tbsp chia seeds
1-3 tsp honey, maple syrup or sweetener
½ tsp vanilla



Very Berry

½ cups old fashioned oats
½ cup milk of choice
½-1 cup fresh or frozen mixed berries
1/3 cup plain Greek yogurt (optional)
1 Tbsp chia seeds
1-3 tsp honey, maple syrup or sweetener
½ tsp vanilla

Blueberry Delight

½ cups old fashioned oats
½ cup milk of choice
½-1 cup fresh or frozen blueberries
1/3 cup plain Greek yogurt (optional)
1 Tbsp chia seeds
1-3 tsp honey, maple syrup or sweetener
½ tsp vanilla
¼ tsp lemon zest (optional)

Chocolate Peanut Butter

½ cups old fashioned oats
½ cup milk of choice
1/3 cup plain Greek yogurt (optional)
2 Tbsp cocoa powder
(or ½ scoop chocolate protein powder)
1-2 Tbsp natural peanut butter
(or peanut butter powder)
1 Tbsp chia seeds
1-3 tsp honey, maple syrup or sweetener
½ tsp vanilla

Directions

Add all ingredients to a Mason jar or airtight container. Mix or shake well. Refrigerate overnight or for 8 hours. Best served cold within 2 days.