[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjZsLnDz93bAhXyuFkKHYkSClYQjRx6BAgBEAU&url=http://ohsheglows.com/2015/07/22/vegan-overnight-oats/&psig=AOvVaw0BP56BYhHMuqdETT0-giWl&ust=1529425254817279)**Overnight Oats**

You can adjust this recipe based on your preferences.

Eat cold or warmed in the microwave.

**Base**

1/3 cup oats

½ cup milk (cow's, coconut, soy, almond)

1 tsp chia seeds

1 tsp cinnamon

**Extras**

**Fruit (recommend ¼ cup)** Fresh or Frozen *(mash or cut into bite size pieces)*

* 1/2 Banana
* Peach or Nectarines
* Strawberries
* Pineapple
* Cantaloupe
* Cherries (remove pit)
* 1 tbsp Raisins
* Blueberries
* [](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjKhfu7z93bAhVoxFkKHaCzDrgQjRx6BAgBEAU&url=https://cookieandkate.com/2017/overnight-oats-recipe/&psig=AOvVaw0BP56BYhHMuqdETT0-giWl&ust=1529425254817279)Raspberries
* Dried Fruit

**Sweetener (to taste)** start with 1 tsp**.**

* Maple syrup
* Honey
* Brown sugar
* Coconut sugar
* Stevia

**Protein**

* 2 tbsp. Peanut Butter
* 1 tbsp. Chopped Nuts
* 3 oz. cup Yogurt – plain or flavored (reduce milk to 1/3 cup)

**Other**

* 1 tbsp. Shredded Coconut
* 1 tbsp. Milled Flax Seed (nutty flavor)
* 1/8 tsp. vanilla extract
* 1/8 tsp. Salt
* 1 tbsp. Chocolate chips
* 1 tbsp. Oat Bran

Mix base together. Mix in extras & refrigerate for at least 5 hours. Leave in refrigerator for up to 3- 4 days.

**Helpful hints**

* If using fresh fruit, cover the fruit with the base mix to prevent browning.
* Remember adding the “extras” in will increase the calories. So if you are watching your calorie intake limit the “extras”.
* If you prefer thicker oats, reduce the milk to 1/3 cup or increase the chia seeds.
* Mash the fruit so that the oats can pick up the flavor better.
* Really any fruit will do. Make sure you wash your fresh fruit.
* Apples can be used but heated in the microwave until soften for better results.
* When heating try 30 seconds first and then 10 seconds until soft
* If using frozen fruit, let the measured amount thaw in the refrigerator overnight-- it will be softer and easier to mash

**Fun Ideas**

Banana with Peanut Butter

Pecan and Coconut

Light Strawberry Flavored Yogurt with Frozen Berry Mix

Walnuts and Honey

Softened Apples with Brown Sugar

Dried Fruit Medley *(sampled with regular milk or almond milk)*

Chocolate Chip and Coconut

Frozen Raspberry and Flax Seed

Nectarine with almond milk, milled flax and NO cinnamon

Peanut Butter and Banana with chocolate chip, coconut and wheat germ

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjy3Onz2t3bAhWKuVkKHb3fCMUQjRx6BAgBEAU&url=https://chocolatecoveredkatie.com/2016/01/18/how-to-make-overnight-oats-recipes/&psig=AOvVaw0BP56BYhHMuqdETT0-giWl&ust=1529425254817279)

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