

# Overnight Oats

## Basic Recipe:

Ratio is 1 part Oats: 1 part Milk/Milk Alt. : 1/2 part Yogurt

1 c - Old Fashioned Oats

1 c - Milk/ Milk Alt.

1/2 c - Yogurt, Vanilla

### "Tropical Getaway"

Use unsweetened coconut milk as the "Milk Alternate"

Add 1/2 cup cut pineapple per serving

-or-

### "Very Berry"

Add 1/4 cup sliced strawberries and 1/4 cup blueberries per serving

## Mix, Soak Overnight and Enjoy!

Once you have all your ingredients mixed together, simply cover and put the oats in the fridge to soak overnight. Any airtight container will work.

*Best to eat within 5 days - 2 to 3 with fresh fruit.*

## Get Creative!

***You can mix in different ingredients or add toppings to really take your overnight oats to the next level!***

And just to get your creative juices flowing... here are some fun mix-ins and toppings to add to your base overnight oats recipe:

**Fruit** – you can't go wrong with bananas and berries, but almost any fruit will work

**Nut butter** – I use peanut butter and almond butter most often, but any and all nut/seed butters are great.

**Nuts and seeds** – almonds, peanuts, pecans, walnuts, sunflower seeds, chia seeds, coconut, hazelnuts, pumpkin seeds... your options here are endless

**Dairy** – a dollop of Greek yogurt or cottage cheese will add a good amount of protein

**Chocolate** – If you like a little chocolate with your breakfast, add a small amount of Chocolate syrup, chocolate chips or even a chopped chocolate bar will work!

