

Overnight Oats

Ingredients:

Old Fashioned Oats*	½ cup
Milk	½ cup
Brown sugar (or Maple syrup)	1 teaspoon
Fruit, cut up (fresh, frozen or canned)	¼ cup

* Also known as “Large Flake” or “Rolled” oats.



Directions:

- 1) Add oats, milk and brown sugar to a cereal bowl or a reusable container with a lid. Stir well with a spoon.
- 2) If using frozen fruit, mix it in now (it will thaw in the fridge overnight). Cover container/bowl with a lid or plastic wrap.
- 3) Put in the fridge overnight.
- 4) In the morning remove container/bowl from fridge. (If using fresh or canned fruit, add it to the oats now.)
- 5) Stir and enjoy!

Makes 1 serving

Optional Ingredients:

- Top oats with a handful of chopped nuts, seeds, shredded coconut, or raisins, just before eating
- Try adding in one or more of the following ingredients (in Step 1 of the directions):
 - For a thicker texture, mix in 2 teaspoons of chia seed or flax seed
 - For a creamier texture, add ¼ cup Greek yogurt or 1-2 Tablespoons peanut butter or other nut/seed butter
 - Boost the taste by mixing in ¼ teaspoon vanilla or cinnamon

Tips:

- If you prefer thinner oatmeal, add in ¼ cup extra milk in Step 1
- You can use quick oats instead of rolled oats. The oatmeal will be softer and have less texture, but will still be tasty!
- You can prepare a few bowls of oats at a time - they will keep in the fridge for 3-4 days

