



OVERNIGHT oats

Banana Nut

1/2 cup Rolled oats
1/2 cup Milk (dairy or plant-based)
1 ripe Banana, mashed
1 tablespoon Chopped nuts (such as walnuts or almonds)
1-2 tablespoons Honey or maple syrup

Apple Cinnamon

1/2 cup Rolled oats
1/2 cup Milk (dairy or plant-based)
1/2 Apple, grated or diced
1 tablespoon Raisins or dried cranberries
1/2 teaspoon Cinnamon
1 tablespoon Maple syrup

Blueberry Almond

1/2 cup Rolled oats
1/2 cup Milk (dairy or plant-based)
1/4 cup Blueberries (fresh or frozen)
1 tablespoon Almond butter
1-2 tablespoons Honey or maple syrup

Peanut Butter Banana

1/2 cup Rolled oats
1/2 cup Milk (dairy or plant-based)
1 ripe Banana, mashed
1 tablespoon Peanut butter
1 tablespoon Maple syrup

Chocolate Coconut

1/2 cup Rolled oats
1/2 cup Milk (dairy or plant-based)
1 tablespoon Cocoa powder
1 tablespoon Shredded coconut
1 tablespoon Chia seeds
1 tablespoon Maple syrup

Raspberry Vanilla

1/2 cup Rolled oats
1/2 cup Milk (dairy or plant-based)
1/4 cup Raspberries (fresh or frozen)
1/2 teaspoon Vanilla extract
1 tablespoon Chopped almonds
1 tablespoon Maple syrup

Mango Coconut

1/2 cup Rolled oats
1/2 cup Milk (dairy or plant-based)
1/4 cup Fresh mango, diced
1 tablespoon Shredded coconut
1 tablespoon Chia seeds
1 tablespoon Maple syrup

Cherry Almond

1/2 cup Rolled oats
1/2 cup Milk (dairy or plant-based)
1/4 cup Cherries (fresh or frozen), pitted and halved
1 tablespoon Almonds, chopped
1 tablespoon Maple syrup

Pecan Pie:

1/2 cup Rolled oats
1/2 cup Milk (dairy or plant-based)
2 tablespoons chopped candied pecans
1 tablespoon Brown sugar
1/2 teaspoon Cinnamon
1/4 teaspoon Vanilla extract
1 tablespoon Maple syrup

Lemon Blueberry

1/2 cup Rolled oats
1/2 cup Milk (dairy or plant-based)
1/4 cup Blueberries (fresh or frozen)
1 tablespoon Lemon zest
1 tablespoon Chia seeds
1 tablespoon Maple syrup

Pumpkin Spice

1/2 cup Rolled oats
1/2 cup Milk (dairy or plant-based)
2 tablespoons Pumpkin puree
1 tablespoon Chopped pecans
1 tablespoon Maple syrup
1/2 teaspoon Pumpkin pie spice

Mixed Berry

1/2 cup Rolled oats
1/2 cup Milk (dairy or plant-based)
1/4 cup Mixed berries (such as strawberries, blueberries, and raspberries)
1 tablespoon Chia seeds
1 tablespoon Honey or maple syrup

Mix ingredients into a bowl and let sit overnight in your fridge