

# Overnight Oats - 5 Ways

Servings: 2

Prep Time: 10 Minutes, then 8 hours or overnight

Materials Needed: Measuring cups and spoons, fork, food container with lid or jar with lid

Follow the base recipe below and choose 1 of the 4 options to complete.

## Ingredients:

- 1 cup oats
- 1 cup milk or water
- 1/2 cup yogurt

## Directions:

1. Add base ingredients to a container or jar.

## Option 1: PB&J Overnight Oats



## Ingredients:

- 1/2 cup fresh or frozen strawberries
- 2 tablespoons peanut butter (or other nut butter)
- 2 tablespoons jelly

## Directions:

2. Add strawberries, peanut butter and jelly to jar.
3. Place lid on container or jar and shake. Place in the refrigerator for at least 8 hours or overnight.

Source: <https://www.quakeroats.com/cooking-and-recipes/pbj-overnight-oats>

## Option 2: Banana Berry Overnight Oats



## Ingredients:

- 1 fresh or frozen banana
- 1 cup fresh or frozen berries
- Dash of cinnamon

## Directions:

2. Add banana, berries and cinnamon to jar.
3. Place lid on container or jar and shake. Place in the refrigerator for at least 8 hours or overnight.

Source: <https://oldwayspt.org/recipes/banana-berry-overnight-oat-meal>

### Option 3: Golden Milk Oats



#### Ingredients:

- 1/4 cup chopped dates (pitted plums, raisins or any dried fruit)
- 1/2 teaspoon turmeric
- 1/2 teaspoon cinnamon or ginger; honey or sweetener; nuts or seeds
- 1 tablespoon honey/sweetener
- 2 tablespoons nuts/seeds (optional)
- 1/2 teaspoon vanilla (optional)

#### Directions:

2. Add dates, spices, honey and nuts to jar.
3. Place lid on container or jar and shake. Place in the refrigerator for at least 8 hours or overnight.

Adapted from: <https://about.kaiserpermanente.org/total-health/food-for-health/recipes/golden-milk-overnight-oats>

### Option 4: Chocolate Peanut Butter Oats



#### Ingredients:

- 2 1/2 tablespoons of maple syrup or honey
- 1 tablespoon cocoa powder
- 2 tablespoons peanut butter
- 1/2 teaspoon vanilla
- Sliced bananas and mini chocolate chips (optional)

#### Directions:

2. Add maple syrup, cocoa powder and vanilla to jar.
3. Place lid on container or jar and shake. Place in the refrigerator for at least 8 hours or overnight.

Adapted from <https://www.evolvingtable.com/chocolate-peanut-butter-overnight-oats/#wprm-recipe-container-9268>

### Option 5: Savory Oats



#### Ingredients:

- 1 cup fresh spinach or 1/2 cup frozen spinach
- 2 tablespoons grated cheese plus a pinch of cayenne pepper, paprika, chili powder and/or garlic powder

#### Directions:

2. Microwave oats and milk for 90 seconds, then add the other ingredients and microwave for another 90 seconds.
3. Serve with eggs however you like them.

Adapted from <https://eatdrinkssavorrepeat.com/2018/05/11/savory-oatmeal-power-bowls-for-breakfast/>