

# OVERNIGHT OATS

Delicious & easy overnight oats to start your morning quick and satisfying! Below is for 4 servings, so divide each ingredient into the desired container for ease of making & consuming.

SERVINGS	SERVING SIZE	TIME TO MAKE
4	1 JAR	10 MINUTES

## INGREDIENTS

### Base Ingredients

- 2 cups Old Fashioned Rolled Oats (1/2 cup per serving)
- 2 cups Milk (Cow's Milk, Non-Dairy Milk, etc.) (1/2 cup per serving)
- 4 Scoops Protein Powder (I love Essential Stacks Gut Collagen) (1 scoop per serving)
- 4 Scoops Fiber (I love Essential Stacks Friendly Prebiotics) (1 scoop per serving)

### Banana Bread Overnight Oats

- 2 Banana, medium, ripe, mashed (1/2 Banana per serving)
- 4 T Nuts (pecans, walnuts) (optional) (1 T Nut per serving)
- 1 tsp Vanilla Extract (optional) (1/4 tsp per serving)
- 4 tsp Cinnamon (1 tsp per serving)
- 4 Tablespoons Flaxseed, ground or whole (ground will absorb better) (1 T per serving)
- 8 tsp Maple Syrup (optional) (2 tsp per serving)

### Strawberry Cream Overnight Oats

- 1 Banana, medium, ripe, mashed (1/4 Banana per serving)
- 16 Strawberries, sliced or chopped (4 Strawberries per serving)
- 1 tsp Vanilla Extract (optional) (1/4 tsp per serving)
- 4 Tablespoons Chia Seeds (1 T per serving)
- 4 tsp Coconut Milk (optional) (1 tsp per serving)

### Blueberry Dream Overnight Oats

- 2 cups Blueberries (1/2 cup per serving)
- 4 Tablespoon Coconut Flakes (1 T per serving)
- 1 tsp Vanilla Extract (optional) (1/4 tsp per serving)
- 4 Tablespoons Flaxseed, ground or whole (ground will absorb better) (1 T per serving)
- 4 tsp Maple Syrup (optional) (1 tsp per serving)

## Indulgent Nut (or Seed) Butter & Chocolate Chip Overnight Oats

- 1 Banana, medium, ripe, mashed (1/4 Banana per serving)
- 4 Tablespoons Nut Butter (Peanut, Almond, Cashew, Sunflower, etc.) (1 T per serving)
- 8 tsp Chocolate Chips, organic, fair trade (2 tsp per serving)
- 4 tsp Maple Syrup (optional) (1 tsp per serving)

## DIRECTIONS

### Base Ingredients Directions

1. If you are dividing these up into single serving sizes, using 4 jars/container and divide amount by 4 (I tried to make it easier with the amounts in parentheses). If you want to make one batch with the set amount, you can always use on large bowl/container and scoop out in the morning when ready to eat.
2. Using desired containers or jars, place base ingredients into vessels.

### Banana Bread Overnight Oats Directions

1. Add vanilla extract, cinnamon, flaxseed, and maple syrup to base ingredients & mix well.
2. If you plan on eating within 2 days, add the bananas and nuts. More than 2 days, it gets a little gamey, unless that's your jam.
3. Refrigerate overnight.
4. If needed, you can add a splash of milk or non-dairy beverage.
5. If you didn't add fruit the night before, add now.
6. Serve cold or if needing some warmth, you can heat up on the stove in a small saucepan, on medium heat for a few minutes.

Nutritional Information per serving: 479 Calories, 26 grams Fat, 4 gram Saturated Fat, 64 mg Cholesterol, 98 mg Sodium, 50g grams Total Carbohydrates, 12 gram Fiber, 13 grams Sugar, 21 grams Protein, 22% Vitamin A, 8% Vitamin C, 22% Calcium, 31% Iron

\*Based on 2% Milk

### Strawberry Cream Overnight Oats Directions

1. Add vanilla extract, chia seeds, and coconut milk (for extra creaminess) & mix well.
2. If you plan on eating within 2 days, add the bananas and strawberries. More than 2 days, it gets a little gamey, unless that's your jam.
3. Refrigerate overnight.
4. If needed, you can add a splash of milk or non-dairy beverage.
5. If you didn't add fruit the night before, add now.

6. Serve cold or if needing some warmth, you can heat up on the stove in a small saucepan, on medium heat for a few minutes.

Nutritional Information per serving: 271 Calories, 9 grams Fat, 3 gram Saturated Fat, 64 mg Cholesterol, 95 mg Sodium, 33 grams Total Carbohydrates, 10 gram Fiber, 7 grams Sugar, 18 grams Protein, 22% Vitamin A, 28% Vitamin C, 23% Calcium, 27% Iron

\*Based on 2% Milk

### **Blueberry Dream Overnight Oats Directions**

1. Add coconut flakes, vanilla extract, flaxseeds, and maple syrup & mix well.
2. If you plan on eating within 2 days, add the blueberries. More than 2 days, it gets a little gamey, unless that's your jam.
3. Refrigerate overnight.
4. If needed, you can add a splash of milk or non-dairy beverage.
5. If you didn't add fruit the night before, add now.
6. Serve cold or if needing some warmth, you can heat up on the stove in a small saucepan, on medium heat for a few minutes.

Nutritional Information per serving: 299 Calories, 11 grams Fat, 6 gram Saturated Fat, 64 mg Cholesterol, 98 mg Sodium, 39 grams Total Carbohydrates, 8 gram Fiber, 20 grams Sugar, 17 grams Protein, 22% Vitamin A, 9% Vitamin C, 18% Calcium, 23% Iron

\*Based on 2% fat based milk

### **Indulgent Nut (or Seed) Butter & Chocolate Chip Overnight Oats**

1. Add nut or seed butter, chocolate chips, and maple syrup & mix well.
2. If you plan on eating within 2 days, add the bananas. More than 2 days, it gets a little gamey, unless that's your jam.
3. Refrigerate overnight.
4. If needed, you can add a splash of milk or non-dairy beverage.
5. If you didn't add fruit the night before, add now.
6. Serve cold or if needing some warmth, you can heat up on the stove in a small saucepan, on medium heat for a few minutes, the chocolate chips will melt into a yummy gooey mixture, be careful not to burn your lips and mouth.

Nutritional Information per serving: 463 Calories, 20 grams Fat, 8 gram Saturated Fat, 66 mg Cholesterol, 160 mg Sodium, 52 grams Total Carbohydrates, 7 gram Fiber, 26 grams Sugar, 20 grams Protein, 21% Vitamin A, 4% Vitamin C, 17% Calcium, 33% Iron

\*Based on 2% Milk & Smooth Peanut Butter