Overnight Oats

Base Ingredients:

- ½ cup quick rolled oats
- ½ cup milk of choice
- 1 teaspoon of sugar

Other Toppings:

- 1 tablespoon chia seeds
- ¼ cup greek yogurt
- Banana slices

Pb and J Add-ins:

- 1 tablespoon strawberry jam
- 1 tablespoon peanut butter
- ¼ frozen diced strawberries

Apple Pie Add-ins:

- ¼ cup diced apples
- 1 tablespoon chopped pecans
- ¼ teaspoon cinnamon

Instructions:

1. **Place the base ingredients into a mason jar or bowl with lid.**
2. **Shake until combined.**
3. **Place in the refrigerator for at least 2 hours or overnight.**
4. **Add toppings.**
5. **Enjoy your overnight oats.**

Cooking Tips:

- If the consistency of your oats is too thick, add a little more milk in the morning to reach your desired texture.
- Quick oats are cooked in the factory. So, they can be used in this recipe without cooking.
- Overnight oats can be stored in the refrigerator for 3-5 days.

Nutrition Fact: A bowl of oatmeal a day has been shown to reduce blood cholesterol levels. Use low-fat or skim milk to reduce fat.

Substitution: Lactose free milk.

Nutrition Facts (for base recipe)

Servings: 1 Calories: 261 Sodium: 65mg Fat: 6g
Saturated Fat: 2.5g Protein: 9g Sugar: 11g Carbs: 43g

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