

Overnight Oats

They're hearty and delicious. Make them ahead of time for a great breakfast or snack to grab and go!

Step 1: Pour your oats and liquid of choice into a bowl or jar. Your oats to liquid ratio should be 1:1. A typical serving will consist of ½ cup of quick or rolled oats and a ½ cup of liquid of your choice. You can use any type of liquid you prefer: water, dairy milk, almond milk, soy milk, or even juice. Rolled oats definitely need to be soaked overnight, while quick will be ready in as little as 30 minutes. An 8-ounce mason jar will fit the mixture perfectly and leave room for tasty mix-ins.

Step 2: Stir in your favorite flavor combinations and sweetener of choice! Try out some of the options below or create your own. The possibilities are endless.

Step 3: Cover and let sit overnight in the refrigerator (or for at least 30 minutes if using quick oats).

overnight oats seven ways

almond butter
& jelly



banana nut bread



almond joy

blueberry
muffin



carrot cake



german
chocolate cake



pina colada



BLUEBERRY MUFFIN

1/2 small banana, mashed
2 tbsp blueberries
1/4 tsp lemon zest
1/2 tsp maple syrup

PINA COLADA

1/2 small banana, mashed
2 tbsp crushed pineapple
1/4 tsp coconut extract
1 tbsp shredded coconut
1/2 tsp maple syrup

GERMAN CHOCOLATE

1/2 small banana, mashed
1 tbsp chopped pecans
1/2 tsp cocoa powder
1/4 tsp coconut extract
1/2 tsp maple syrup

ALMOND JOY

1/2 small banana, mashed
1/2 tsp cocoa powder
1/4 tsp coconut extract
1 tbsp shredded coconut
1 tbsp slivered almonds
1/2 tsp maple syrup

ALMOND BUTTER + JELLY

1/2 small banana, mashed
1 tbsp almond butter
1 tbsp berry jam
1/2 tsp maple syrup

CARROT CAKE

1/2 small banana, mashed
2 tbsp grated carrot
1 tbsp chopped pecans
1/2 tsp maple syrup

BANANA NUT BREAD

1/2 small banana, mashed
1 tbsp chopped nuts
1/4 tsp cinnamon
Pinch nutmeg
1 tbsp almond butter
1/2 tsp maple syrup



<http://www.anotherroot.com/overnight-oats-seven-ways/>