

10 OVERNIGHT OATS RECIPES

AndiAnne.com

VANILLA OVERNIGHT OATS

1 cup rolled oats
1 cup milk
2/3 cup plain yogurt
1 Tbsp honey
2 tsp chia seeds (optional)
1 tsp vanilla extract
1/4 tsp salt

CHOCOLATE OVERNIGHT OATS

1 cup rolled oats
1 cup milk
2/3 cup plain yogurt
2 Tbsp chocolate chips
1 Tbsp cocoa powder
1 Tbsp honey
2 tsp chia seeds (optional)
1/4 tsp salt

PEANUT BUTTER OATS

1 cup rolled oats
1 cup milk
2/3 cup plain yogurt
2 Tbsp peanut butter
1 Tbsp honey
2 tsp chia seeds (optional)
1/4 tsp salt
1 Tbsp strawberry jam

CARROT CAKE OATS

1 cup rolled oats
1 cup milk
2/3 cup plain yogurt
1/4 cup shredded carrots
1/4 cup raisins
2 Tbsp chopped walnuts (optional)
1 Tbsp honey
2 tsp chia seeds (optional)
1 tsp cinnamon
1/4 tsp ginger powder
1/4 tsp salt

BANANA BREAD OATS

1 cup rolled oats
1 cup milk
2/3 cup plain yogurt
1/2 banana, mashed
1-2 Tbsp chopped walnuts (optional)
1 Tbsp honey
2 tsp chia seeds (optional)
1 tsp cinnamon
1 tsp vanilla extract
1/4 tsp salt

APPLE CINNAMON OATS

1 cup rolled oats
1 cup milk
2/3 cup plain yogurt
1/2 cup chopped apple
1 Tbsp honey
2 tsp cinnamon
2 tsp chia seeds (optional)
1 tsp vanilla extract
1/4 tsp sea salt

PUMPKIN SPICED OATS

1 cup rolled oats
1 cup milk
2/3 cup plain yogurt
1/4 cup pumpkin puree
1 Tbsp honey
1 tsp pumpkin pie spice
1/4 tsp salt

PINEAPPLE COCONUT OATS

1 cup rolled oats
1 cup coconut milk
2/3 cup coconut flavoured yogurt
1/2 cup crushed pineapple - drained
1/3 cup shredded coconut
1 Tbsp honey
2 tsp chia seeds (optional)
1 tsp vanilla extract
1/4 tsp salt

STRAWBERRY CHEESECAKE

1 cup rolled oats
1 cup milk
2/3 cup plain yogurt
1/3 cup chopped strawberries
1/4 cup crushed graham crackers
1 Tbsp honey
1 Tbsp softened cream cheese
2 tsp chia seeds (optional)
1 tsp vanilla extract
1/4 tsp salt

BLUEBERRY OVERNIGHT OATS

1 cup rolled oats
1 cup milk
2/3 cup plain yogurt
1/2 cup blueberries
1 Tbsp honey
2 tsp chia seeds (optional)
1 tsp lemon zest
1 tsp vanilla extract
1/2 tsp cinnamon
1/4 tsp salt

TIRAMISU OVERNIGHT OATS

1 cup rolled oats
1 cup milk
2/3 cup plain yogurt
1/4 cup cold coffee
2 Tbsp softened mascarpone cheese
1 Tbsp honey
2 tsp chia seeds (optional)
1 tsp vanilla extract
1/4 tsp salt

INSTRUCTIONS:

1. In a bowl, add the rolled oats, milk, plain yogurt, sweetener (honey or maple syrup), and a pinch of salt. Add any additional flavor ingredients listed above (except for toppings). Mix everything together thoroughly.
2. Pour the oats into a container and seal with a lid. Place in the fridge for a minimum of 4 hours, but preferably overnight to let oats absorb all the liquid.
3. In the morning, take out from the fridge and give a quick stir. Add any toppings (but you don't need to). Overnight oats are eaten cold with a spoon.