

Overnight Oats Base

Ingredients:

- 1/2 cup rolled old fashioned oats
- 1/2 cup milk of choice
- 1/4 cup non-fat Greek yogurt
- 1 Tablespoon chia seeds, optional
- 1 Tablespoon sweetener of choice honey or maple syrup
- 1/4 teaspoon vanilla extract

Directions:

Place all ingredients into a large glass container and mix until combined. Cover the glass container with a lid or plastic wrap. Place in the refrigerator for at least 4 hours or overnight. Toppings can be added the night before or immediately before serving. Uncover and enjoy from the glass container the next day.

Nutrition:

Serving Size: 1

Calories 268 | Total Fat 3g | Saturated Fat .7g | Cholesterol 2mg | Sodium 69mg | Total Carbohydrates 51g | Dietary Fiber 4g | Total Sugar 24g | Protein 10g | Vitamin D 49mcg | Calcium 182mg | Iron 2mg | Potassium 371mg



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Overnight Oats Variations

Peanut Butter & Jelly

- 1 Tablespoon strawberry jam
- 2 Tablespoon peanut butter
- 1/4 cup diced strawberries



Apple Pie

- 1/4 cup diced apples
- 1-2 Tablespoon pecans, chopped
- 1/4 teaspoon ground cinnamon

Almond Joy

- 2 Tablespoons shredded coconut
- 1-2 Tablespoon almonds chopped
- 1 Tablespoon chocolate chips

