

# Overnight Oats



**Prep time:** 5 minutes

**Refrigeration time:** At least 5 hours – overnight

**Equipment:** Container with a lid (*Tupperware or mason jar will do*), large spoon or something to mix with, and measuring cups (*optional*)

## Ingredients

½ cup rolled old fashion oats

½ cup milk of choice (*any milk or milk substitute or water will do*)

¼ cup non-fat Greek yogurt (*optional*)

1 tablespoon chia seeds (*optional*)

1 tablespoon sweetener of choice (*honey, maple syrup, agave, brown sugar, etc.*)

**Optional add-ins include:** vanilla extract, ground cinnamon, pinch of salt, etc.

**Toppings ideas:** cottage cheese, fresh fruit, dried fruit, nuts and seeds, nut butter, granola, chocolate chips, etc.

## Nutritional Estimates

**Serving size:** ½ cup dry oats makes approx. 1 cup prepared oats

**Calories per serving:** 350+ (*depending on ingredient options and toppings*)

Brought to you by Basic Needs, Health Education & Promotion, and Housing & Residential Life

## Directions

Add all ingredients (*oats, milk, yogurt, chia seeds, and sweetener*) into a container and mix until well combined. Cover the container with a lid or plastic wrap. Place in refrigerator for at least 5 hours or overnight. You may wish to thin the oats the next day with a little more milk or water, depending on your preferred consistency. Add toppings immediately before serving.

\*This recipe makes one serving. Overnight Oats typically stay good in the refrigerator for 5 days. Feel free to multiply this recipe so you have breakfast for the week!



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## Fun Fact

You've probably heard that breakfast is the most important meal of the day, but do you know why?

- Breakfast kick-starts your metabolism
- Breakfast gives you the energy you need to get things done
- Breakfast helps you stay focused
- Breakfast can boost your day with vitamins and nutrients from healthy foods, like fruits, dairy, and grains

If you don't eat breakfast, you aren't likely to get all of the nutrients your body needs, and you might find yourself feeling zapped of energy. Not eating breakfast is also linked to overeating later in the day. This overnight oats recipe is a great healthy breakfast option that you can prepare in advance and it can last all week!

Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information on healthy eating.

