

## Overnight Oats

By Chef Jen

### **Ingredients:**

- ½ cup rolled (old fashioned) oats
- ½ cup milk of choice (I used unsweetened vanilla almond milk) \*
- ¼ cup nonfat plain Greek yogurt
- 1 tsp pure maple syrup
- ½ tsp vanilla (optional)
- 1/8 tsp cinnamon
- ½-1 cup fruit of choice (blueberries, sliced banana, chopped peaches, chopped strawberries, chopped apples, dried cranberries, raisins, etc.)
- 1 heaping Tbsp nut or seed butter\*\*

### **Preparation:**

1. Select mason jar to fit how you will eat your oats. If eating from the jar, wide mouth, short pint jar is recommended. Wide mouth is recommended either way to prevent spillage of ingredients.

2. Measure out oats, milk, yogurt, syrup and cinnamon into the jar and mix well with a fork.

\* if you prefer thinner oatmeal, add up to ¼- 1 cup milk. Screw lid on and let sit in refrigerator anywhere from 4 hours to overnight.

3. Optional to heat your oats in the microwave. If doing so, microwave in 15 second intervals as to not break the cold, glass jar (or you can pour into microwave safe bowl). Prepare your fruit of choice and nut butter, add to oats and enjoy!

\*\* can select chopped nuts or seeds instead

### **Fruit and nut combos:**

¼ cup blueberries, 1 small chopped peach, 1 Tbsp almond butter

¼ cup chopped strawberries, ½ sliced banana, 1 Tbsp peanut butter

½ small apple chopped, ¼ cup raisins, 1-2 Tbsp chopped pecans

1/3 cup dried cranberries, ¼ cup white chocolate chips, 1-2 Tbsp chopped or sliced almonds

### **Savory options:**

Omit vanilla and maple syrup; pour out into bowl, microwave for 30sec- 1 minute. Top with 1 sunny side up egg, ¼ cup diced avocado, ¼ cup salsa, ¼ cup shredded pepper jack cheese.

1/3 cup canned pureed pumpkin, ¼ tsp pumpkin pie spice, ¼ tsp espresso powder (PSL oats)