

Overnight Oats


Food Groups:

Grains

Dairy

Fruit (option)

Protein (option)

 1/2 cup low-fat/non-fat milk or almond milk

 1/2 cup old fashioned oats

 1/2 cup low-fat/non-fat yogurt




 1 teaspoon chia seeds (optional)

Serving suggestions: fruit (fresh or dried), nuts, nut butter, seeds, coconut, spices, citrus zest and vanilla extract

1. Wash your hands.
2. Add milk, oats, yogurt and chia seeds in container or jar and stir together.
3. Refrigerate overnight or at least 5 hours.
4. When ready to eat you can add a little more milk if you like.
5. Stir in a serving size of your favorite fruit, dried fruit, nuts or flavorings to your taste. Enjoy!

1 Serving – will keep up to 4 days in the fridge

Create Your Own Trail Mix

-  1 cup Raw Nuts (like pecans, almonds, walnuts, pistachios, cashews, or peanuts) **and/or** Raw Seeds (like pumpkin seeds or sunflower seeds)
-  1/2 cup Dried Fruit (like apricots, mangoes, raisins, cranberries, dates, or freeze-dried berries)
-  1/4 cup Mix-Ins (like dark chocolate chips, coconut flakes, roasted chickpeas)

1. Wash your hands.
2. In a large bowl, mix together your choices of nuts, seeds, dried fruit and other mix-ins.
3. Store in an air-tight plastic or glass container or plastic bag.

Makes 7-8 servings (will keep for 2-3 weeks)

Grocery List

- Milk (low-fat, non-fat or almond)
- Yogurt (low-fat or non-fat)
- Old fashioned oatmeal
- Chia seeds (optional)
- Fruit (your choice)
- Nuts/seeds (your choice)
- Dried Fruit (your choice)
- Other Options: see recipes for choices of other add-ins for these recipes

Equipment List

- Measuring spoons
- Measuring cups
- Small Mixing bowls (2)
- Mixing spoons (2)
- Container with lid (Tupperware or jar)
- Plastic Baggie
- Maybe: Cutting Board (if need to cut fruit for oats)
- Maybe: Knife (if need to cut fruit for oats)