

OVERNIGHT OATS RECIPES

What ingredients do you need for overnight oats recipe?

1. **Oats:** This is really the only ingredient that's non-negotiable. Make sure to use plain old-fashioned oats and not quick oats because the consistency is best with rolled oats. You can also use gluten-free oats.
2. **Milk:** For the liquid part, you can actually make this with water! But it's more common to use milk. You can use full fat, 2% or low-fat milk. You can also use plant-based milk like almond milk, coconut milk, cashew milk or oat milk.
3. **Chia Seeds (optional):** These seeds are packed with tons of nutrition, and they help give the oats a pudding-like texture. So I always like to include them in my base recipe.
4. **Greek or vegan yogurt (optional):** This gives the oats a tangy flavor, creamy texture and boost of protein.
5. **Vanilla extract (optional):** This enhances all the flavors that go into the overnight oatmeal as well as giving it sweetness without any sweetener.
6. **Sweetener (optional):** Use honey or maple syrup to sweeten the mixture, especially because oats can be somewhat bland on their own.
7. **Toppings:** This is where you can have some fun with fresh fruit, dried fruit, nut butters, nuts, seeds and spices (like cinnamon, nutmeg or cardamom). There are so many topping ideas and combinations, and I think that's what makes this such a great versatile recipe!

How to make basic overnight oats?

It's all about the ratios in my opinion to get the consistency you like. So I recommend you start with my suggested ratio below and then add more milk or use less milk until you find what works perfectly for you! Once you nail down the ratio of the basic overnight oats recipe, the sky's the limit with the flavor combinations and toppings.

1 part oats + 1 part milk + 1/8 part seeds

-To start, combine old fashioned oats and chia seeds. You can use a bowl, a mason jar or just some glass cups like I did here.

-Next add the Greek or vegan yogurt (1/3 cup) and vanilla extract.

-And then add the sweetener of choice and the milk. Then mix the overnight oats together until you see no clumps. Next, seal or cover with a lid, and chill in the fridge for at least 2 hours or overnight.

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info@dietmentor.com

-The next morning, grab a spoon, add your favorite toppings and dig in!

Overnight Oatmeal Recipe Ideas

-**Peanut Butter Jelly:** It's like having a peanut butter jelly sandwich in overnight oats form. I layer peanut butter, strawberry jelly, fresh cut strawberries and crushed peanuts. It has a sweet and salty taste that reminds me of my childhood.

-**Apple Pie:** With the combination of chopped apples, pecans, maple syrup and ground cinnamon, this variation is a great fall recipe that has a warm sweet taste and satisfying crunch from the fruit and nuts.

-**Banana Nutella:** The name of this recipe says it all. You've got bananas and you've got Nutella...can it possibly go wrong? I would highly recommend this one for anyone who's skeptical about trying overnight oats, especially kids. The banana and Nutella together have a rich decadent taste that makes it feel like you're enjoying dessert, instead of a nutritious breakfast. I know Nutella is not the healthiest, but a dollop of it here is no biggie. I also add crushed hazelnuts and chocolate chips to enhance the flavor.

-**Almond Joy:** We're all familiar with the popular chocolate bar, and I was frankly obsessed with it growing up. So this recipe reminds of those flavors and it's probably one of my most favorite ways to make overnight oats. I use shredded coconut, crushed almonds, mini chocolate chips and maple syrup.

- **Carrot Cake:** Greek yogurt, large carrot, peeled and shredded, 2 tablespoons softened cream cheese, 1/4 cup raisins, 1/2 teaspoon ground cinnamon

-**Lemon Blueberry:** 1 tablespoon lemon juice, 1/2 cup fresh or frozen blueberries, Pinch of salt, honey or maple syrup

-**Cherry Almond:** 1/4 cup sliced almonds, toasted, 1/4 cup tart fresh or dried cherries

-**Mocha:** 2 tablespoons unsweetened cocoa powder, 1 tablespoon instant espresso powder

-**Chai:** 1/2 teaspoon ground cardamom, 1/2 teaspoon ground allspice, 1/2 teaspoon ground nutmeg, 1 teaspoon ground cinnamon, 1/4 teaspoon ground cloves, 1/2 teaspoon ground ginger

-**Chocolate Peanut Butter:** 2 Tbs peanut butter, 2 Tbs unsweetened cocoa powder

-**Key Lime:** 1Tbs (key)lime juice, 2Tbs softened cream cheese, 1/2 tsp (key)lime zest, option to top with graham cracker crumbs

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-Strawberry Cheesecake: ¼ cup fresh strawberries, chopped, 3 TBs cream cheese, softened, zest and juice of ½ lemon

-Pumpkin Spice 1/2 cup plain pumpkin puree, 1/2 teaspoon ground cinnamon, 1/8 teaspoon ground cloves, 1/4 teaspoon ground nutmeg