



OVERNIGHT OATS



Overnight Oats are easy to make and you can be as creative as you like by adding in different ingredients or just keep it simple. The best part is you can throw it together the night before, place in the refrigerator and have a healthy grab and go breakfast. No cooking involved.

PREPARATION TIME: 10 minutes

COOK TIME: 0 minutes

TOTAL: 8 hours, 10 minutes (the 8 hours is for chilling overnight in the fridge)

SERVINGS: 2

INGREDIENTS:

- 1 cup old fashioned oats
- 1 cup of milk, dairy or dairy-free
- ½ cup Greek yogurt or dairy-free yogurt
- 2 Tablespoon of chia seeds
- 2 Tablespoons maple syrup

Add In for Banana flavor:

- 1 banana, mashed
- 4 Tablespoons chopped walnuts
- 1 teaspoon of vanilla extract
- 1 teaspoon of cinnamon

Add In for PB & J Flavor:

- 4 Tablespoons or Jam (your choice)
- 2 Tablespoons peanut or almond butter
- 2 teaspoon of sliced almonds or pecans

NUTRITION FACTS:

PER SERVING:

308 calories; 12g protein; 8g fat;
48g carbohydrates; 8g fiber;
104mg sodium

DIRECTIONS:

STEP 1

Place the oats, milk, yogurt, chia seeds and maple syrup in a small jar. Cover the jar and place in the refrigerator for at least 2 hours; overnight is better.

STEP 2

The next morning, just add in the toppings and it is ready to eat.

STEP 3

If you do not have time to add the toppings in the morning, add them in on the top before putting the jar in the fridge. In the morning you just mix the toppings in. Enjoy!

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