



Overnight Oats

Prep Time: 5 mins Cook Time: overnight Serves: 1

Ingredients:

Basic Oats

- 1/2 cup rolled oats
- 1/2 cup milk
- 1/2 tsp honey
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon

Pumpkin Pie Oats

Use the Basic Oats recipe and add:

- 1/3 cup pumpkin puree
- 1/8 tsp cloves
- 1/8 tsp nutmeg
- 1/8 tsp allspice

Apple Cinnamon Oats

Use the Basic Oats recipe and add:

- 1/2 apple, diced
- 1/4 tsp cinnamon

Nutty Banana Oats

Use the Basic Oats recipe and add:

- 1/2 banana, mashed
- 1 Tbsp peanut butter (or almond or sunbutter)

Or get creative and make up your own recipe!

Instructions:

1. Measure all of the ingredients into a jar or container with a lid.
2. Put the lid on and shake until everything is combined.
3. Put in the fridge overnight.
4. In the morning you can enjoy this cold or warm them up.
5. Don't forget to add your favorite fruit or berries!

Make this the night before for an awesome and healthy breakfast!

