



Nourish Recipe

## Overnight Oats

Servings: 1

### Ingredients

½ cup gluten-free rolled oats

½ to 1 cup of non-dairy milk,  
your choice

2 to 4 TBSP of your favorite  
mix-ins



### Super-simple build your own overnight oats



Overnight oats are so simple to throw together and are made the night before so you can literally grab them and go the next morning! Mix and match 2-4 ingredients from the list below. Start with 1 TBSP of each - you can always change it up next time if you feel you need more or less.



#### Mix-ins

- Chia seeds - fiber, omega-3's
- Cacao nibs - magnesium, fiber, antioxidants
- Hemp seeds - protein, omega-3's
- Flax seeds - omega-3's, fiber
- Walnut pieces - omega-3's
- Coconut flakes - fiber
- Almond butter - healthy fats and protein
- Peanut butter - healthy fats and protein
- Protein powder - protein
- Cinnamon - blood sugar support



### What you'll need



measuring  
spoons



measuring  
cups

## Overnight Oats

### Instructions

1. Place oats ( $\frac{1}{2}$  cup) in a mason jar or other glass container with a lid. If you're planning on making enough jars for a few days, use extra thick rolled oats to keep them from getting soggy.
2. Add mix-ins (2 to 4 TBSP) of your choice.
3. Add non-dairy milk ( $\frac{1}{2}$  cup). For thicker oats, stick to  $\frac{1}{2}$  cup. If you like them a little more soupy, go for a full cup.
4. Secure your lid and shake to combine all of the ingredients. Refrigerate overnight and for up to 3 days
5. Enjoy the next morning. If you'd like, you can add fruit like chopped apple, sliced banana, or blueberries. You can also add a bit of stevia extract or honey.

## Nutrition Facts

Servings 1

Amount Per Serving

**Calories** **350**

% Daily Value

**Total Fat** 12g **15%**

Saturated Fat 2.2g **11%**

**Cholesterol** 0mg **0%**

**Sodium** 211mg **9%**

**Total Carbohydrate** 45.1g **16%**

**Dietary Fiber** 8.7g **31%**

**Sugars** 7.9g

**Protein** 18.2g

Vitamin D 100mcg **500%**

Calcium 94mg **7%**

Iron 3mg **18%**

Potassium 236mg **5%**



Share your healthy eats  
with us @Wellbeats

