

# **Overnight Oats**

Servings: 1

### **Ingredients**

1/2 cup gluten-free rolled oats

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

2 to 4 TBSP of your favorite mix-ins



### Super-simple build your own overnight oats

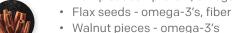


Overnight oats are so simple to throw together and are made the night before so you can literally grab them and go the next morning! Mix and match 2-4 ingredients from the list below. Start with 1TBSP of each - you can always change it up next time if you feel you need more or less.



#### Mix-ins

- Chia seeds fiber, omega-3's
- Cacao nibs magnesium, fiber, antioxidants
- Hemp seeds protein, omega-3's



- Coconut flakes fiber
- Almond butter healthy fats and protein
- Peanut butter healthy fats and protein



• Cinnamon - blood sugar support

### What you'll need



measuring spoons



measuring



## **Overnight Oats**

#### **Instructions**

- Place oats (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.
- Add mix-ins (2 to 4 TBSP) of your choice.
- 3. Add non-dairy milk (½ cup). For thicker oats, stick to ½ cup. If you like them a little more soupy, go for a full cup.
- 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.



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### **Nutrition Facts**

#### Servings 1

Amount Per Serving

Calories	350
% Da	nily Value
Total Fat 12g	15%
Saturated Fat 2.2g	11%
Cholesterol Omg	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	<b>7</b> %
Iron 3mg	18%
Potassium 236mg	5%