



Overnight Oats

Servings: 1

What you'll need



measuring spoons



measuring cups

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

Directions

1. Place oats (½ 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 (½ cup). For thicker oats, stick to ½ 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.

Notes

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



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%**



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