MAKES
1

TOTAL TIME
6 HOURS

COOK TIME
10 MINS

OVERNIGHT OATS

INGREDIENTS

Base Recipe

- ½ cup whole rolled oats
- 1 tablespoon chia seeds
- ½ teaspoon maple syrup, plus more for serving
- Pinch of sea salt
- ¼ cup whole milk Greek yogurt, optional
- ⅔ cup unsweetened almond milk

Variations:

Apple Pie

- 2 tablespoons unsweetened applesauce
- ¼ teaspoon cinnamon or apple pie spice
- Diced apple
- Chopped pecans
- Cinnamon Apples, optional

Peach Crisp

- Peach slices
- Granola

METHOD

1. Make the base recipe: In a Mason jar or other lidded jar, place the oats, chia seeds, maple syrup, salt, and Greek yogurt, if using. Add the almond milk and stir until the mixture is well combined and there are no clumps of chia seeds at the bottom of the jar. Cover and refrigerate overnight, or for up to 5 days.
2. In the morning, top with your desired toppings and serve with drizzles of maple syrup.
3. For apple pie overnight oats, stir the applesauce and cinnamon into the overnight oat base. Refrigerate overnight. In the morning, top with diced apple, chopped pecans, and cinnamon apples and drizzles of maple syrup, if desired.
4. For peach crisp overnight oats, make the plain overnight oat base. Refrigerate overnight. In the morning, top with peach slices, granola, and drizzles of maple syrup, if desired.

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