

Overnight Oats

Ingredients

- 1 large, ripe banana
- 1 ¼ cups rolled oats (make sure to use rolled oats, not quick oats)
- 1 cup milk of choice (dairy or non-dairy, such as almond, oat, or soy)
- 1 tablespoon maple syrup or honey
- 1 teaspoon cinnamon
- ½ teaspoon salt

Directions

1. Peel the banana and place it in a medium bowl. Use a fork to mash the banana well.
2. To the bowl, add the oats, your milk of choice, maple syrup, cinnamon, salt, and any other spices or add-ins you are using. Mix well until everything is combined.
3. Divide the oat mixture into two small jars or containers with tight-fitting lids. Attach the lids and place the jars/containers in the fridge overnight.
4. In the morning, remove the lids and top with fruit, nuts, seeds, or any toppings you wish and enjoy.



If your mornings are busy, you can add your toppings the night before chilling your oats. If you prefer hot oats, in the morning you can microwave the jars or containers for a few minutes to heat. Have an adult help you check the oats every 30 seconds to see when they're hot. Use oven mitts to touch the jar/container, it will get hot!

Mix It Up

Everyone can dress up their own jarred breakfast with easy toppings such as chopped fruit, nuts or seeds, nut butter, or a spoonful of yogurt. You can switch up your oats by mixing additional ingredients into them before filling your jars. Get in some extra protein or even a serving of vegetables to make your oats more filling and start the day right!

Our Favorite Combos:

- **All About the Fruit Oats:** After your oats are chilled, top each jar of oats with ¼ cup of chopped fresh fruit, such as peaches, plums, apples, berries, kiwi, or any other fruit you enjoy. Add a sprinkle of chopped nuts, or a spoonful of shredded coconut for an added crunch.
- **PB&J Parfait Oats:** Prepare the oat base according to the recipe. When filling your jars, start by putting one-third of the oat mixture in your jars. Add a spoonful of nut butter to each jar, top with another third of the oat mixture, add a spoonful of jam, then top with the final third of the oat mixture, chill overnight. After your oats are chilled, top with fresh fruit (optional).
- **Carrot Cake Oats:** Prepare the recipe according to the directions, increasing the milk to 1 ½ cups and adding ½ cup of grated carrots (about one large carrot), ¼ cup raisins, and ½ teaspoon ground ginger into the oat mixture. To serve, top with a spoonful of dairy or non-dairy yogurt and chopped walnuts.
- **Chocolate Zucchini Bread Oats:** Prepare the recipe according to the directions, increasing the milk to 1 ½ cups and adding ½ cup of grated zucchini (about one medium zucchini) and 2 tablespoons cocoa powder into the oat mixture. After your oats are chilled, top with a spoonful of dairy or non-dairy yogurt and chopped walnuts.
- **Chia Seed Protein Power Oats:** Prepare the recipe according to the directions, increasing the milk to 1 ½ cups and adding ¼ cup chia seeds into the oat mixture. After your oats are chilled, top with any desired toppings.