



## Basic Overnight Oats with Variations

Makes 1 serving

1 16-ounce mason jar/old nut-butter jar with lid

1/2 cup rolled oats

1 tablespoon chia seeds (optional)

1/4 teaspoon cinnamon (optional)

1/2 cup unsweetened milk of choice

1/2 teaspoon maple syrup

1. Place oats and chia seeds in jar and stir to combine. Add milk and maple syrup and mix well.
2. Add 1/2 cup rolled oats and 1 tablespoon chia seeds to each mason jar and stir to combine. Add 1/2 cup almond milk and 1/2 teaspoon maple syrup into each jar and mix very well.
3. Twist on lid and set in the refrigerator overnight (or at least 6 hours).

### Variations:

*Peanut butter banana:* 1 tablespoon peanut butter, 1/2 cup sliced banana, 1 tablespoon unsweetened shredded coconut

*Blueberry muffin:* 1/4 cup mashed banana, 1/4 cup frozen blueberries, 1/4 teaspoon lemon zest, 2 tablespoons walnuts.

*Almond joy:* 1/4 cup mashed banana, 1 tablespoon cocoa powder, 1 tablespoon unsweetened shredded coconut, 1 tablespoon slivered almonds. (Mashed banana and cocoa powder added before refrigerating. Coconut and almonds added on top the next morning)

*Carrot cake:* 1/4 cup shredded carrot, 1/4 teaspoon cinnamon, 1/8 teaspoon nutmeg, 2 tablespoons unsweetened shredded coconut, 2 tablespoons walnuts. (Carrot, spices, and coconut added before refrigerating. Walnuts added on top the next morning.)