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)
¼ 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 ½ cup rolled oats and 1 tablespoon chia seeds to each mason jar and stir to combine. Add 1/2 cup almond milk and ½ 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, ½ cup sliced banana, 1 tablespoon unsweetened shredded coconut

Blueberry muffin: ¼ cup mashed banana, ¼ cup frozen blueberries, ¼ teaspoon lemon zest, 2 tablespoons walnuts.

Almond joy: ¼ 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: ¼ cup shredded carrot, ¼ 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.)