

Overnight Oats

Ingredients

Base

- 1/2 cup oats
- 1/2 cup milk
 - (choice... dairy / soy / oat / almond)
- 1/4 cup yoghurt
- 1 tbsp chia seeds
- 1 tbsp sweetener
 - (honey / brown rice syrup / agave nectar)
- 1/4 tsp ground vanilla beans

Topping 1: Peanut Butter Jelly

- 1 tbsp strawberry jam
- 1 tbsp peanut butter
- 1/4 cup strawberries
- 2 tbsp crushed peanuts

Topping 2: Apple Pie

- 1/4 cup diced apple
- 1 tbsp finely chopped pecans
- 2 tsp maple syrup
- 1/4 tsp cinnamon

Topping 3: Banana Nutella

- 1/4 sliced banana
- 1 tbsp nutella
- 1 tbsp finely chopped hazelnuts
- 1 tsp cacao nibs or 1 tbsp dark chocolate chips

Notes

A recipe to boost your energy ...



Directions

1. Place all base ingredients into a glass jar / container and mix until combined.
2. Cover with a lid or wrap and place in refrigerator overnight.
3. Topping of choice can be added in the morning / before eating.
4. Can be enjoyed directly from the glass jar the next day. Thin with additional milk or water if desired.