

Chef's Corner



Overnight Oats

Recipe by: Jenny Pitcher, RDN, LD, CHWC

INGREDIENTS

- 1/3 cup rolled oats
- 1/3 cup almond milk (or any kind!)
- 1/4 cup plain Greek yogurt
- 1/2 tablespoon pure maple syrup
- 1/8 teaspoon cinnamon
- 1/4 teaspoon vanilla

INSTRUCTIONS

1. Combine all ingredients into a Mason jar.
2. Shake jar well to mix all ingredients.
3. Let sit overnight in fridge.
4. In the morning, stir, add more milk if desired.
5. Top with your favorite fruit, nuts, nut butter, or seeds.

Nutritional Information

Calories: 337
Fat: 7g
Sodium: 73mg
Carbohydrates: 50g
Dietary Fiber: 8g
Protein: 19g

ALSO TRY...

Chocolate Berry: Add 2 teaspoons cocoa powder before mixing. After stirring in the morning, top with raspberries or blueberries, and mini chocolate chips or cacao nibs.

Pumpkin Spice: Add 1/4 cup pumpkin puree and 1/8 teaspoon nutmeg before mixing. Top with chopped pears or apples, and pumpkin seeds or walnuts.



Cut along dotted line, then fold in half. Designed to fit 6x4 recipe card books or boxes.