

Overnight Oats

Ingredients:

1 cup Rolled Oats
1 cup Almond Milk
Pinch Sea Salt

Fruit Mix ins: Banana, Berries, Pumpkin, Apples, Pineapple
Flavoring Mix ins: Cinnamon, Vanilla, Nutmeg, Ginger, Cloves
Extra Mix ins: Yogurt, Almonds, Walnuts, Chia or Flaxseed, Cocoa
Sweetener (use sparingly): Stevia, honey, maple syrup



Directions: Mix oats, milk and sea salt and desired mix ins. Leave in the refrigerator overnight. In the morning, add additional mix ins (nuts and fruit may be better added right before eating to avoid sogginess) and enjoy cold OR hot!

Notes: This is EXTREMELY VERSITILE. You can change the type of oats, milk and mix-ins depending on what you have available and what you like!



Recipe by: Beth Michaels, RD, CDE

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**Nutrition Information per serving
(1/2/ Recipe with Bananas, Walnuts, Flax)**

Quaker Flavored Oats

Calories: 156

150 Calories

Fat: 4 grams

3 grams

Protein: 3 grams

2 grams

Carbohydrates: 28 grams

29 grams

Sugar: 0 grams

8 grams

Fiber: 3.5 gram

2 grams

Sodium: 30 mg

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