**OVERNIGHT OATS**

Common Ingredients to have at home (be sure to read each recipe as there may be 1-2 additional ingredients):

- Rolled Oats or Steel Cut Oats
- Coconut or Almond Milk
- Non-fat Greek Yogurt
- Honey or Maple Syrup
- Stevia or sweetener of choice

**Coconut Pecan Steel Cut Oats**
- 1/3 cup steel cut oats
- 1 tbs unsweetened shredded coconut
- 1 tbs crushed pecans
- 1/8 tsp ground cinnamon
- 1/3 cup unsweetened almond or coconut milk
- Stevia to taste

**Blueberry Banana**
- 1 banana, smashed
- ½ cup oats
- 1 fat-free raspberry cheesecake AE yogurt
- Frozen blueberries
- Sliced Almonds

**Tropical Oats**
- 2/3 cup oats
- 2/3 cup almond or coconut milk
- 1/8 tsp vanilla extract
- 1 tbs pure maple syrup
- Banana slices and chopped pecans (add in the morning before eating)

**Strawberries & Chia Seeds**
- ½ cup rolled oats
- ½ cup unsweetened almond milk
- ½ cup non-fat greek yogurt
- 1 tbs chia seeds
- 1 tsp honey
- 4 large strawberries, thinly sliced

**Brownie Batter Overnight Protein oats**
- 1 cup unsweetened almond milk
- Plain low-fat greek yogurt (or mashed banana or pumpkin)
- 2 tbs unsweetened cocoa powder
- 1/8 tsp salt
- 2 tbs baking stevia
- 1 cup oats
- ¼ cup protein powder
- Serves 2

**Very Berry Oats**
- 2/3 cup oats
- 23 cup coconut or almond milk
- 1 tbs blueberry jam
- Fresh or frozen berries (add in the morning before eating)

**Pumpkin Spice Oats**
- 2/3 cup whole milk
- 2 tbs pumpkin puree
- 1/8 tsp vanilla extract
- Large pinch cinnamon
- Small pinch nutmeg
- 1 tbs pure maple syrup
- Granola (top in the morning)