



Overnight Oats

Yield: 1 serving

Ingredients

Oats

- 1/3 cup + 1 TBSP of quick oats
- 1/2 cup of coconut milk
- 1 tsp of maple syrup
- Pinch of salt (optional)

Toppings

- Frozen fruit
- Trail mix
- Banana chips
- Nuts/ seeds
- Nut butter
- Canned fruits (drained)

Overnight Oats

Tools and Equipment

- Measuring cups
- Measuring spoons
- Mason jar
- Mixing bowl
- Rubber spatula or wooden spoon

Directions

- 1.) In a mason jar or mixing bowl combine all ingredients. Stir ingredients and ensure oats are completely covered.
- 2.) Place in the fridge and allow to set overnight (at least 12 hours)
- 3.) Remove from the fridge and add toppings of your choice and enjoy!

*toppings can be added before setting the oats