

Overnight Oats

Items Needed: measuring cups, saute pan, container/mason jar, spoon.

Serves: 2

Ingredients:

- 1 cup old fashioned oats
- 1 cup of plant based milk (I prefer unsweetened vanilla varieties.)
- ½ cup yogurt (optional)
- 1 tbsp sweetener of your choice, honey, maple syrup, agave.
- 1 tbsp chia seeds (optional)
- 1/2 tsp vanilla extract
- Pinch of salt
- Toppings: banana, berries, cooked apples, nuts, seeds, nut butters, cocoa powder, cinnamon, chocolate chips.

Directions:

1. Heat saute pan to medium high heat, add oats and toast lightly until some pieces turn golden and you start to smell the fragrance of the oats. (You can skip this step if in a pinch, but it helps enhance the flavor of your oats which can sometimes fall flat.)
2. Add toasted oats to your storage container once done toasting, and add your milk, yogurt, sweetener, chia seeds if you wish, vanilla, and salt. Give it a good mix with your spoon.
3. Your texture should be close to that of a loose cooked oatmeal, but it will thicken up overnight.
4. Place oats in fridge and let sit overnight to fully soak up all the ingredients. Ideally you would wait 8 hours, but they would most likely be fully soaked through by around 4 hours.
5. Remove and add additional milk if you wish; top with your choice of fruit, nut butters or whatever toppings you choose.
6. You can enjoy cold or hot: if you choose to heat oats, microwave in 30 second intervals until desired temperature.

Nutrition Information (per 1/2 recipe):

Calories: 254 Fat: 5.9 g Carbs: 42.7 g Protein: 7.9 g Fiber: 6.9 g Sodium: 91.6 mg

<https://wexnermedical.osu.edu/nutrition-services>

