

# Overnight Oats

Recipe courtesy of Min Kwon, M.S., R.D.



**Level:** Easy

**Total:** 5 hr 5 min

**Prep:** 5 min

**Inactive:** 5 hr

**Yield:** 1 serving

## Ingredients:

- 1/3 to 1/2 cup liquid such as dairy milk, almond, cashew or coconut milk
- 1/3 to 1/2 cup old-fashioned rolled oats
- 1/3 to 1/2 cup yogurt, optional
- 1 teaspoon chia seeds, optional but highly recommended
- 1/2 banana, mashed, optional
- Serving suggestions: fruit (fresh or dried), nuts, nut butter, seeds, protein powder, granola, coconut, spices, citrus zest and vanilla extract

## Directions:

- 1** Add the desired amounts of milk, oats, yogurt, chia seeds and banana to a jar or container and give them a good stir. Refrigerate overnight or for at least 5 hours.
- 2** In the morning, add additional liquid if you'd like. Once you achieve the desired consistency, top with fruit, nuts, nut butter, seeds, protein powder, granola, coconut, spices, zest or vanilla extract.



## Cook's Note

The mixture will keep for up to 2 days. If you don't add the banana, up to 4 days. However, once you are experienced, you'll have no problem whipping up another batch midweek if needed!

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