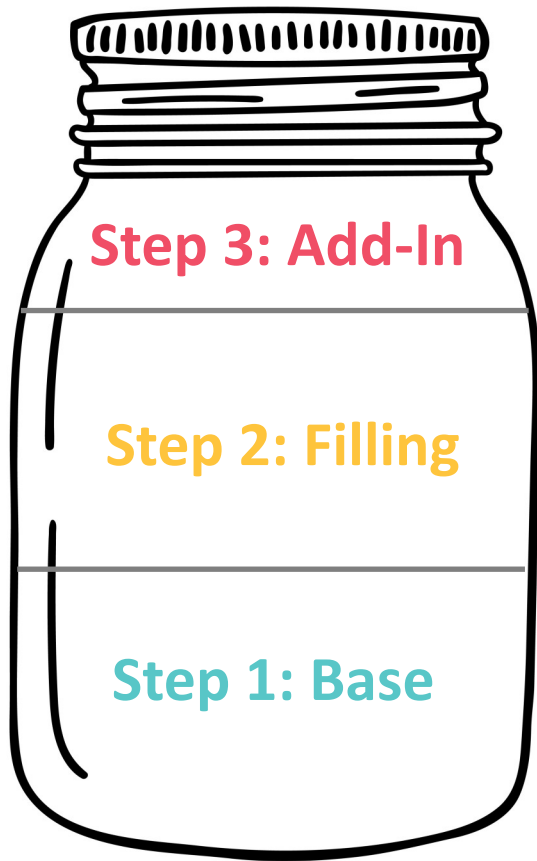


How to make Overnight Oats

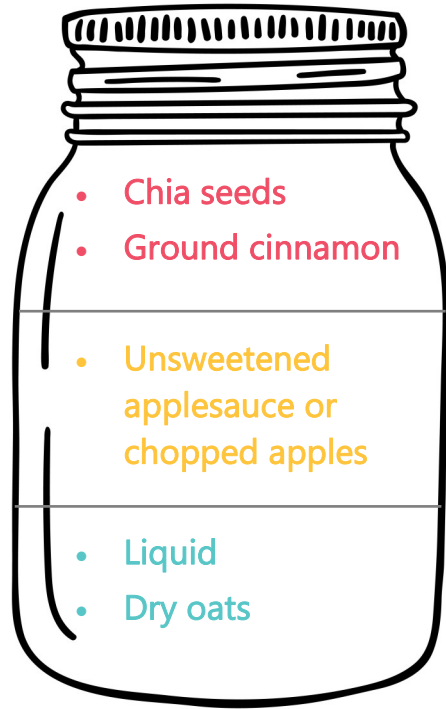
To make overnight oats, pick 1 ingredient from each group. Mix the ingredients together in a container. Keep in the refrigerator overnight or for at least 5 hours.



Add-In	Choose 1-2 Nuts or Seeds	<ul style="list-style-type: none"> • 1 tablespoon of raw almonds • 1 tablespoon of raw walnuts • 1 teaspoon of raw pumpkin seeds • 2 teaspoons of chia seeds • 1 teaspoon of raw pecans • 1 tablespoon of almond butter • 1 tablespoon of peanut butter
	Choose 1 Spice	<ul style="list-style-type: none"> • 1 teaspoon of ground cinnamon • 1/2 teaspoon of pumpkin spice • 1/2 teaspoon of vanilla extract
Filling	Choose 1 Fruit or 1 Veggie	<ul style="list-style-type: none"> • 1/4 cup of berries • 1/2 cup a banana mashed or sliced • 1/2 cup of unsweetened apple sauce or chopped apple • 1 tablespoon of dried fruit (raisins, apricots, figs, or dates) • 1/2 tablespoon of shredded coconut
		<ul style="list-style-type: none"> • 1 tablespoon of pumpkin puree • 1 tablespoon of shredded carrot • 1 tablespoon of sweet potato puree
Base	Choose 1 Liquid	<ul style="list-style-type: none"> • 1/2 cup of skim milk or 1% milk • 1/2 cup of unsweetened almond milk • 1/2 cup of unsweetened soy milk • 1/2 cup of unsweetened coconut milk
	Choose 1 Type of Oat	<ul style="list-style-type: none"> • 1/3 cup of dry old-fashioned oatmeal • 1/3 cup of dry steel cut oatmeal

Talk to your CHN nutritionist if you have more questions!

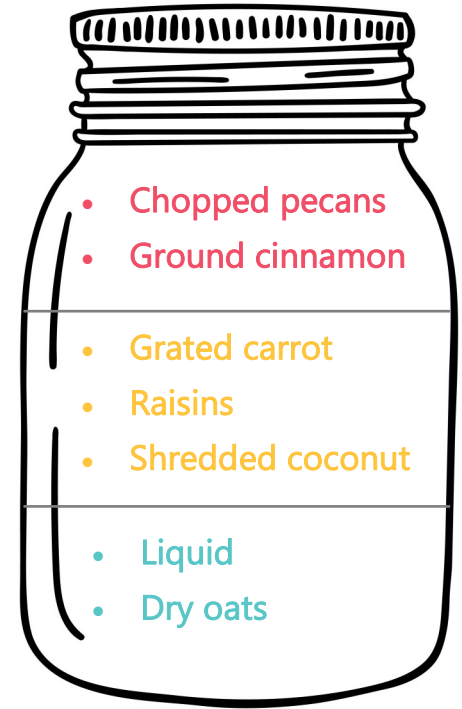
Apple Cinnamon
Overnight Oats



Peanut Butter Banana
Overnight Oats



Carrot Cake
Overnight Oats



Pumpkin Pie
Overnight Oats



- Almond slices
- Vanilla extract

- Frozen or fresh strawberries

- Liquid
- Dry oats

Strawberry
Overnight Oats

