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.

| Choose 1-2 Nuts or Seeds | • 1/3 cup of dry old-fashioned oatmeal  
• 1/3 cup of dry steel cut oatmeal  
• 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            | • 1 teaspoon of ground cinnamon  
• 1/2 teaspoon of pumpkin spice  
• 1/2 teaspoon of vanilla extract |
| Choose 1 Fruit or 1 Veggie| • 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  
• 1 tablespoon of pumpkin puree  
• 1 tablespoon of shredded carrot  
• 1 tablespoon of sweet potato puree |
| Base                      | • 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      | • 1/3 cup of dry old-fashion oatmeal  
• 1/3 cup of dry steel cut oatmeal |

Talk to your CHN nutritionist if you have more questions!

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