

OVERNIGHT OATMEAL MIX & MATCH

Overnight oatmeal is so easy to make—have fun experimenting with new flavors!

Ingredients for Epic Oatmeal

**WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS*

- ❖ **Oats:** Plain old-fashioned rolled oats (not quick oats or steel cut).
- ❖ **Milk:** Almond, oat, coconut, etc.
- ❖ **Sweetener:** Maple syrup, monk fruit, coconut palm, honey, stevia, etc.
- ❖ **Chia seeds (optional):** I luv these in mine!! These seeds are packed with nutrition and they give your creation a pudding-like texture.
- ❖ **Yogurt (optional):** This provides a protein-kick, a little probiotic for your gut health, and a delicious tangy (cheese-cake-like) flavor!!
- ❖ **Vanilla:** Cuz it's delicious!
- ❖ **Topplings:** Get creative! Fresh fruit, coconut, nuts, seeds, nut butter, coco whip, choc chips, dried fruit, nut butters, crushed graham crackers, cinnamon, dollop of yogurt. Combinations are endless!



SIMPLE METHOD #1

LINE-UP 8OZ MASON JARS (& LIDS) AND TOSS IN YOUR BASE INGREDIENTS. CHILL OVERNIGHT (OR AT LEAST 2 HOURS), THEN BEFORE YOU'RE READY TO EAT—TOP WITH WHATEVER SOUNDS GOOD.

BASE RECIPE

1. IN EACH MASON JAR COMBINE BASE INGREDIENTS

- ¼ OLD FASHIONED OATS
- 2-4 TBS (TO TASTE) MAPLE SYRUP OR SWEETENER OF CHOICE
- 1 TBS CHIA SEEDS
- 1 DOLLOP GREEK YOGURT (PLAIN OR FLAVORED)
- CAPFUL OF VANILLA EXTRACT
- POUR MILK OF CHOICE TO TOP OF INGREDIENTS (ABOUT 1/3-1/2 CUP)-IT WILL THICKEN OVERNIGHT

2. STIR WELL.

3. PUT LID ON AND CHILL OVERNIGHT (AT LEAST 2 HOURS).

4. TOP WITH YOUR FAVORITE FLAVOR COMBOS FOR A HEALTHY BREAKFAST OR FILLING SNACK!

METHOD #2

QUADRUPLE THE BASE RECIPE AND MIX IN A LARGE BOWL. THEN GRAB SOME MASON JARS AND LAYER THE BASE WITH TOPPINGS. THIS METHOD MAKES IT LOOK PRETTY IN THE JARS AND THESE ARE READY TO EAT!

1. MAKE BASE RECIPE LISTED ABOVE FOR 4 MASON JARS.

COMBINE IN LARGE BOWL:

- 1 CUP OLD FASHIONED OATS
- ½ C - 1CUP (TO TASTE) MAPLE SYRUP OR SWEETENER OF CHOICE
- 1/4C CHIA SEEDS
- 4 DOLLOPS GREEK YOGURT (PLAIN OR FLAVORED)
- 1.5 TBS VANILLA EXTRACT (UNLESS USING VANILLA YOGURT)
- 1 1/3-2 C MILK OF CHOICE TO DESIRED CONSISTENCY-IT WILL THICKEN OVERNIGHT

2. LAYER BASE MIXTURE IN JARS WITH YOUR CHOICE OF INGREDIENTS FROM BELOW OR COME UP WITH YOUR OWN CONCOCTIONS.

3. LID & CHILL AT LEAST 2 HOURS & ENJOY!

OVERNIGHT OATMEAL INSPIRATION!

*REMEMBER, YOU LITERALLY CAN'T MESS THESE UP-SO EXACT MEASUREMENTS AREN'T NECESSARY.

CARROT CAKE

- CANNED PUMPKIN
- CINNAMON
- CARROTS (SHREDDED)
- RAISINS
- NUTS/SEEDS OF CHOICE (WALNUTS, PECANS, HEMP, ETC.). I USE HOLY OMEGA MIXTURE
- COCONUT SHREDS

CHUNKY MONKEY

- NUT BUTTER OF CHOICE (PEANUT, ALMOND, ETC.)
- PROTEIN POWDER (WE USE CHOCOLATE/VANILLA SUN WARRIOR)
- BANANA (SLICED)
- CHOCOLATE CHIPS (DARK CHOCOLATE (60% COCOA OR HIGHER), VEGAN, LILLY'S, ETC.)
- NUTS/SEEDS OF CHOICE (WALNUTS, PECANS, CHIA, HEMP, ETC.) I USE HOLY OMEGA MIXTURE.
- COCONUT (SHREDDED)

KEY LIME

- LIME JUICE-MIX INTO BASE MIXTURE
- COCONUT EXTRACT
- GRAHAM CRACKERS (CRUSHED)
- NUTS/SEEDS OF CHOICE (WALNUTS, PECANS, CHIA, HEMP, ETC.) I USE HOLY OMEGA MIXTURE.
- COCONUT (SHREDDED)

BERRY GOOD

- PROTEIN POWDER
- BERRIES (STRAWBERRIES, BLUEBERRIES, BLACKBERRIES, ETC.)
- NUTS/SEEDS OF CHOICE (WALNUTS, PECANS, CHIA, HEMP, ETC.)
- COCONUT (SHREDDED)

CANDIED APPLE

- SLICED APPLES
- HEATH BAR CRUNCH (IN GROCERY ISLE NEAR CHOCOLATE CHIPS)

PEANUT BUTTER PIE

- PEANUT BUTTER
- CRUSHED GRAHAM CRACKERS
- CHOCOLATE CHIPS/NUTS

PB&J

- RASPBERRY JAM OR PUREE
- NUT BUTTER OF CHOICE
- CHOPPED NUTS (PEANUTS, WALNUTS, PISTACHIOS)

PINA COLADA

- PINEAPPLE CHOPPED
- COCONUT
- VANILLA/COCONUT EXTRACT

