

# Overnight Oats (4 ways)

## Peanut Butter Banana

### INGREDIENTS

1 ripe banana, mashed

½ cup rolled oats

1 tablespoon honey

2 tablespoons unsalted creamy peanut butter

⅓ cup almond milk

6-8 banana slices

2 tablespoon chopped peanuts

### PREPARATION

1. In a medium-size bowl, mash banana. Transfer mashed banana to a 16-ounce canning jar.
2. Add oats, honey, peanut butter, and almond milk. Combine.
3. Add banana slices and peanuts. Screw on lid.
4. Refrigerate overnight.
5. Take it to-go and enjoy!

# Vanilla Mixed Berry

## INGREDIENTS

½ cup rolled oats

¼ cup Greek yogurt

1 tablespoon honey

¼ teaspoon pure vanilla extract

⅓ cup almond milk

2 strawberries, halved

5 blueberries

2 raspberries

2 blackberries

3 tablespoons whole toasted almonds

## PREPARATION

1. To a canning jar, add oats, yogurt, honey, vanilla, and almond milk. Combine.
2. Add berries and almonds. Screw on lid.
3. Refrigerate overnight.
4. Take it to go and enjoy!

# Chocolate Strawberry

## INGREDIENTS

½ cup rolled oats

1 tablespoon maple syrup

1½ tablespoons cocoa powder

¼ teaspoon pure vanilla extract

½ cup almond milk

3 strawberries, halved

1 tablespoon chocolate chips

## PREPARATION

1. To a canning jar, add oats, maple syrup, cocoa powder, vanilla, and almond milk. Combine.
2. Add strawberries and chocolate chips. Screw on lid.
3. Refrigerate overnight.
4. Take it to-go and enjoy!

# Carrot Cake

## INGREDIENTS

1 small carrot, shredded

½ cup rolled oats

1 tablespoon maple syrup

2 tablespoons shredded, unsweetened coconut

¼ cup Greek yogurt

Cinnamon, pinch

½ cup almond milk

2 tablespoon raisins

1 tablespoon pecans, chopped

## PREPARATION

1. To a canning jar, add shredded carrot, oats, maple syrup, shredded coconut, yogurt, cinnamon, and almond milk. Combine.
2. Refrigerate overnight.
3. Take it to-go and enjoy!

See video and pictures. Recipes from:

<https://www.buzzfeed.com/amphml/melissaboyajian/these-overnight-oats-are-make-the-perfect-grab-and-go>