

Overnight Oats

Whether it's an early meeting or getting the kids off to school, the morning rush can sometimes lead to less-than-optimal breakfast choices. Overnight oats are a fast and easy way to make sure you start your day off with the energy and nutrients you need to be at your best — and they don't have to be boring. Stick to the classic basic overnight oats recipe below or try one of these variations.

Nutrition Facts	
2 servings per container	
Serving size	1 serving (104g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 230mg	10%
Total Carbohydrate 38g	14%
Dietary Fiber 5g	16%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 579mg	45%
Iron 2mg	8%
Potassium 710mg	15%
Vitamin A 2mcg	0%
Magnesium 44mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

- ½ cup oats
- ¾ cup unsweetened milk of choice*
- 1 teaspoon chia seeds
- ½ teaspoon vanilla extract
- Up to 1 tablespoon honey or maple syrup**
- ½ cup Greek yogurt

*Nutrition information based on cow's milk and yogurt and no honey.
**Added sugars will range from 0 to 9 grams depending on the amount of honey or maple syrup used.

DIRECTIONS

Step 1: Whisk ingredients together in a mixing bowl.

Step 2: Spoon into a jar with a tight-fitting lid.

Step 3: Seal the lid securely.

Step 4: Refrigerate a minimum of four hours but preferably overnight.

Make it sweet: Add 2 tablespoons of peanut butter and 2 tablespoons of cocoa powder.

Make it tropical: Add ½ cup fresh mango and pineapple and half of a banana.

Experiment: Add dried cranberries, cherries, walnuts, cinnamon, or ginger.

Make it vegan: Use plant milk and yogurt instead of cow's milk.

Make it gluten-free: Use gluten-free oats.