



Overnight Oats

Here's a fun and creative recipe for a simple and filling breakfast! Kids of all ages can make overnight oats on their own because it doesn't require any heat.

STEP ONE: Gather Your Ingredients

Overnight Oats is a simple, no-cook recipe with lots of room for creativity and customization! The first thing you will want to do is get out your ingredients and supplies. We suggest organizing a family meeting to figure out what you can use.

Make sure your Overnight Oats have all of the important components (parts). This will give you a **balanced** and delicious meal. Balanced overnight oats have five parts: oats, milk, sweetener, fruit, and mix-ins. Here are some examples you might use from each category:

- **Oats:** rolled oats
- **Milk:** milk, coconut milk, soy milk, almond milk
- **Sweetener:** maple syrup, honey, brown sugar, jelly
- **Fresh or frozen fruit:** apple, banana, berries
- **Mix-Ins:** nuts, yogurt, dried fruit, seeds



DID YOU KNOW...?

Oats are a tasty and nutritious whole grain. People of all ages can enjoy oats as a delicious breakfast or snack. Oats are full of vitamins, minerals, and fiber. Oats help us stay healthy by reducing our risk of heart disease and lowering our blood sugar.

STEP TWO: Plan Your Original Overnight Oats

Use this handy chart to design your Original Overnight Oats! Come up with a combination with your family, or each family member can create their own unique variation!

	Milk cow's milk, coconut milk, soy milk, almond milk?	
	Sweetener maple syrup, honey, brown sugar, jelly?	
	Fruit apple, banana, berries?	
	Mix-Ins nuts, yogurt, dried fruit, seeds?	

Name for my Original Overnight Oats: _____

STEP THREE: TIME TO COOK

Overnight Oats Recipe

You can follow this recipe exactly, or you can use these basic directions with the recipe planned (in Step 2) with your own ingredients. The basic idea here is to combine oats with liquid, sweetener, fruit, and whatever other mix-ins you have around the house to make your oats delicious. Serves one. Repeat for each family member!

INGREDIENTS

- ¼ cup rolled oats
- ½ cup milk
- 1 -2 tsps maple syrup
- pinch of salt
- ½ cup fruit
- ¼ tsp cinnamon
- sprinkle of flax seeds
- 1-2 tsp yogurt
- ⅛ tsp almond or vanilla extract
- sprinkle of toasted seeds or nuts
- handful of raisins or other dried fruit

DIRECTIONS

- Combine oats, milk, maple syrup, and salt in a bowl or glass jar. Stir until thoroughly mixed, then place in the fridge to sit overnight.
- In the morning, either serve cold or heat the oatmeal until warm. You can scoop it out into a bowl, or just use the microwave and heat it up in the jar.
- Add nuts, additional fruit, raisins, yogurt, and any other toppings you like.
- Stir and enjoy!

