

# Tropical Coconut Mango Overnight Oats

Serves: 2 Time: 5 minutes

# **Ingredients**

#### Wet ---

1.5 cups lite coconut milk, canned1 tablespoon honey1 teaspoon vanilla extract

### **Dry** ----

1 cup rolled oats 1 tablespoon chia seeds pinch of salt

#### **Toppings ---**

1/2 fresh mango, cubed 1 tablespoon flaked coconut 1/2 banana, sliced 1 teaspoon chia seeds

# Method

- 1. Mix together wet and dry ingredients in a medium tupperware.
- 2. Cover and place in the refrigerator for at least 2 hours or overnight.
- 3. Top with mango, flaked coconut, banana, and chia seeds.

#### **Notes**

-Nutrition includes toppings.



# **Nutrition**

464 calories | 17g fat | 70g carbs | 30g sugar | 11g fiber | 10g protein

# Almond Butter Brownie Overnight Oats

Serves: 2 Time: 5 minutes

# **Ingredients**

#### Wet ---

1.25 cups almond milk, unsweetened1.5 tablespoons maple syrup2 tablespoons almond butter, drippy

### **Dry** ----

1 cup rolled oats 3 tablespoons cocoa powder 1 tablespoon chia seeds pinch of salt

# Method

- 1. Mix together wet and dry ingredients in a medium tupperware.
- 2. Cover and place in the refrigerator for at least 2 hours or overnight.
- 3. Top with almond butter and mini chocolate chips.

# **Notes**

-Nutrition does not include toppings.



# **Nutrition**

372 calories | 16g fat | 51g carbs | 12g sugar | 13g fiber | 13g protein

# **Chocolate Zucchini Muffin Overnight Oats**

Serves: 2 Time: 5 minutes

# **Ingredients**

#### Wet ---

1.25 cups almond milk, unsweetened 1/4 cup nonfat Greek yogurt, plain 2.5 tablespoons maple syrup 1 teaspoon vanilla extract

### **Dry** ----

1 cup rolled oats 1 tablespoon chia seeds 1/2 cup grated zucchini, squeezed 3 tablespoons cocoa powder pinch of salt

# Method

- 1. Prep zucchini by grating and squeezing out as much moisture as possible.
- 2. Place in a medium tupperware and add the rest of the ingredients. Mix well.
- 3. Cover and place in the refrigerator for at least 2 hours or overnight.

#### **Notes**

-Nutrition does not include toppings.



# **Nutrition**

330 calories | 7g fat | 57g carbs | 18g sugar | 11g fiber | 12g protein

# Lemon Chia Overnight Oats

Serves: 2 Time: 5 minutes

# **Ingredients**

#### Wet ---

1 cup almond milk, unsweetened 1/4 cup nonfat Greek yogurt, plain 1.5 tablespoons honey 1 teaspoon vanilla extract

#### **Dry** ----

1 cup rolled oats 1 tablespoon chia seeds zest from 1 lemon pinch of salt

# Method

- 1. Mix together wet and dry ingredients in a medium tupperware.
- 2. Cover and place in the refrigerator for at least 2 hours or overnight.
- 3. Top with fresh lime zest and fresh raspberries.

#### **Notes**

-Nutrition does not include toppings.



# **Nutrition**

285 calories | 6g fat | 47g carbs | 15g sugar | 8g fiber | 10g protein

# Snickers Bar Overnight Oats

Serves: 2 Time: 5 minutes

# **Ingredients**

#### Wet ---

1.25 cups almond milk, unsweetened 1 tablespoon maple syrup 2 tablespoons peanut butter, drippy

#### **Dry** ----

1 cup rolled oats 1 tablespoon chia seeds pinch of salt

### **Toppings ---**

1 tablespoons chocolate chips2 chopped dates1 tablespoon chopped peanuts

# **Method**

- 1. Mix together wet and dry ingredients in a medium tupperware.
- 2. Cover and place in the refrigerator for at least 2 hours or overnight.
- 3. Top with chocolate chips, chopped dates, and chopped peanuts.

#### **Notes**

-Nutrition includes toppings.



# **Nutrition**

449 calories | 16g fat | 67g carbs | 28g sugar | 11g fiber | 12g protein

# Peanut Butter Banana Overnight Oats

Serves: 2 Time: 5 minutes

# **Ingredients**

#### Wet ---

½ medium banana, mashed 2 tablespoons peanut butter, creamy ¼ cup nonfat Greek yogurt, plain ¾ cup almond milk, unsweetened 1 tablespoon honey 1 teaspoon vanilla extract

#### **Dry** ----

1 cup rolled oats 1 tablespoon chia seeds 1 teaspoon cinnamon

## Method

- 1. First, mash ½ banana in a large bowl.
- 2. Then add the rest of the wet ingredients and mix until smooth.
- 3. Add in dry ingredients and mix again.
- 4. Place in the refrigerator, covered, for at least 2 hours or overnight.

# **Notes**

-Nutrition includes toppings.



# **Nutrition**

370 calories | 13g fat | 53g carbs | 16g sugar | 9g fiber | 14g protein

# Strawberry Cheesecake Overnight Oats

Serves: 2 Time: 5 minutes

# **Ingredients**

#### Wet ---

3/4 cup almond milk, unsweetened 1/2 cup nonfat Greek yogurt, plain 1 tablespoon honey 1 teaspoon vanilla extract

#### **Dry** ----

1 cup rolled oats 1 cup strawberries, diced 1 tablespoon chia seeds pinch of salt

# **Method**

- 1. Place strawberries, almond milk, and Greek yogurt into a food processor and process on high until fruit is pureed.
- 2. Transfer into a medium tupperware and add the rest of the ingredients. Mix with a spoon until combined.
- 3. Cover and place in the refrigerator for at least 2 hours or overnight.
- 4. Top with crushed graham crackers and strawberry jam.

#### **Notes**

-Nutrition does not include toppings.



# **Nutrition**

271 calories | 5g fat |44g carbs | 16g sugar | 6g fiber | 13g protein

# Coconut Latte Overnight Oats

Serves: 2 Time: 5 minutes

# **Ingredients**

#### Wet ---

1/4 cup coconut water\*
1/4 cup + 1 tablespoon brewed coffee
1/4 cup + 1 tablespoon almond milk
1 tablespoon maple syrup
1 tablespoon coconut cream\*

#### **Dry** ---

1 cup rolled oats dash of cinnamon

## Method

- 1. Mix together wet and dry ingredients in a medium tupperware.
- 2. Cover and place in the refrigerator for at least 2 hours or overnight.
- 3. The next morning, add a few more tablespoons of almond milk (depending on your preferred thickness). Top with more coconut cream, shredded coconut, and cinnamon.

# **Notes**

- For the coconut water and coconut cream, I used a refrigerated can of full-fat coconut milk which separates into solid and liquid when chilled. Scrape the cream out of the can to access the water at the bottom of the can.
- -If you did not use sweetened almond milk, feel free to add a bit more maple syrup/honey.



# **Nutrition**

207 calories | 5g fat | 37g carbs | 10g sugar | 4g fiber | 5g protein

# Birthday Cake Batter Overnight Oats

Serves: 2 Time: 5 minutes

# **Ingredients**

#### Wet ---

1/2 cup nonfat vanilla Greek yogurt1 cup milk, any kind2 teaspoons vanilla extract1 tablespoon honey

#### **Dry** ---

1 cup rolled oats 1 tablespoon chia seeds 1 tablespoon rainbow sprinkles

### Method

- 1. Mix together wet and dry ingredients (minus the sprinkles) in a medium tupperware.
- 2. Cover and place in the refrigerator for at least 2 hours or overnight.
- 3. Remove from fridge, mix sprinkles into oats and Enjoy!

#### **Notes**

-Nutrition includes sprinkles.



# **Nutrition**

302 calories | 7g fat | 46g carbs | 14g sugar | 7g fiber | 13g protein

# Carrot Cake Overnight Oats

Serves: 2 Time: 5 minutes

# **Ingredients**

#### Wet ---

1 teaspoon vanilla extract3 tablespoons maple syrup1.25 cups almond milk, unsweetened

#### **Dry** ---

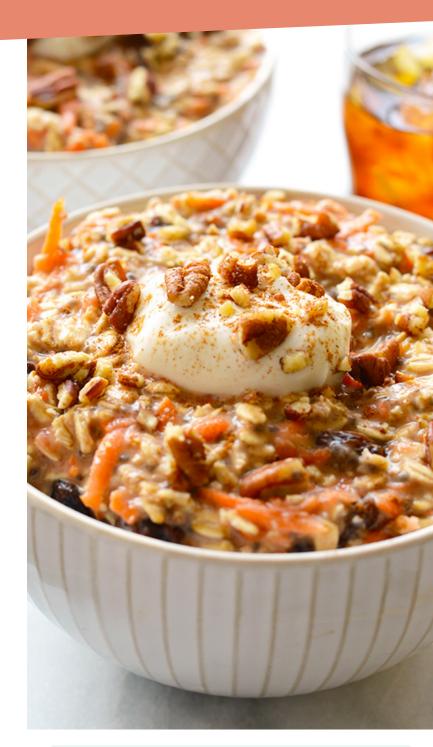
1 cup rolled oats
1/2 cup carrot, finely grated
1 teaspoon cinnamon
1/4 teaspoon allspice
1 tablespoon chia seeds
3 tablespoons raisins

## Method

- 1. Mix together wet and dry ingredients in a medium tupperware.
- 2. Cover and place in the refrigerator for at least 2 hours or overnight.
- 3.. Top with greek yogurt and pecans.

## Notes

-Nutrition does not include toppings.



# **Nutrition**

340 calories | 4g fat | 70g carbs | 32g sugar | 9g fiber | 8g protein

# Maple French Toast Overnight Oats

Serves: 2 Time: 5 minutes

# **Ingredients**

#### Wet ---

1/2 banana, mashed1/2 teaspoon vanilla extract1 tablespoon maple syrup3/4 cup almond milk, unsweetened

#### **Dry** ---

1 cup rolled oats 1/2 teaspoon cinnamon 1 teaspoon flax seed meal

# Method

- 1. In a medium-sized tupperware, mash ½ banana.
- 2. Then, mix in the rest of ingredients.
- 3. Place in refrigerator for at least 2 hours or overnight.
- 4. Serve with coconut whipped cream, sliced banana, and a dash of cinnamon!

## **Notes**

-Nutrition does not include toppings.



# **Nutrition**

254 calories | 5g fat | 44g carbs | 10g sugar | 7g fiber | 9g protein

# **Blueberry Muffin Overnight Oats**

Serves: 2 Time: 5 minutes

# **Ingredients**

#### Wet ---

1/2 cup nonfat vanilla Greek yogurt 3/4 cup almond milk, unsweetened

#### **Dry** ---

1 cup rolled oats
1/2 cup mashed blueberries
2 tablespoons chia seeds
1 teaspoon vanilla extract
1 tablespoon honey
1 teaspoon lemon zest
pinch of salt

# Method

- 1. First, mash  $\frac{1}{2}$  cup of blueberries in a medium-sized tupperware. Then add the rest of the wet ingredients and mix until smooth.
- 2. Add in dry ingredients and mix again.
- 3. Place in the refrigerator, covered, for at least 2 hours or overnight.
- 4. Serve cold and top with granola, lemon zest, and fresh blueberries.

### Notes

-Nutrition does not include toppings.



# **Nutrition**

315 calories | 8g fat | 49g carbs | 16g sugar | 6g fiber | 14g protein

# **Chocolate Chia Overnight Oats**

Serves: 2 Time: 5 minutes

# **Ingredients**

#### Wet ---

1/4 cup nonfat plain Greek yogurt 1 cup almond milk, unsweetened 2 tablespoons maple syrup 1 teaspoon vanilla extract

#### **Dry** ----

1 cup rolled oats 3 tablespoons cocoa powder 1 tablespoon chia seeds pinch of salt

## Method

- 1. Mix together wet and dry ingredients in a medium tupperware.
- 2. Cover and place in the refrigerator for at least 2 hours or overnight.
- 3. Top with greek yogurt and fresh strawberries.

# **Notes**

-Nutrition does not include toppings.



# **Nutrition**

272 calories | 8g fat | 48g carbs | 15g sugar | 9g fiber | 11g protein

# **Espresso Overnight Oats**

Serves: 2 Time: 5 minutes

# **Ingredients**

#### Wet ---

3/4 cup almond milk, unsweetened 1/2 cup strong cold press/brewed coffee 2 tablespoons maple syrup 1 teaspoon vanilla extract

#### **Dry** ---

1 cup rolled oats 1 tablespoon chia seeds pinch of salt

#### Date Caramel ---

4 medjool dates, pitted pinch of salt water\*

# Method

- 1. Mix together wet and dry ingredients in a medium tupperware.
- 2. Cover and place in the refrigerator for at least 2 hours or overnight. Serve cold.
- 4. For Date Caramel: place 4 medjool dates into a high-speed food processor. Process on high until pureed. Depending on how soft your dates are, you may need to add water. Add by the ½ teaspoon.

## **Notes**

-Nutrition does not include toppings.



# **Nutrition**

241 calories | 5g fat | 41g carbs | 13g sugar | 5g fiber | 7g protein

# Moose Tracks Overnight Oats

Serves: 2 Time: 5 minutes

# **Ingredients**

#### Wet ---

1/2 cup vanilla nonfat Greek yogurt 1 cup milk, any kind 1/2 teaspoon vanilla extract

#### **Dry** ----

1 cup rolled oats 1 tablespoon chia seeds

### Fudge ---

1 tablespoon almond buter
1/2 teaspoon cocoa powder
1/2 teaspoon honey
1/2 teaspoon coconut oil, melted

**Healthy Cookie Dough Bites ---**Get recipe **HERE**.

## Method

- 1. Mix together wet and dry ingredients in a medium tupperware.
- 2. Cover and place in the refrigerator for at least 2 hours or overnight.
- 3. The next morning, prepare fudge and cookie dough bites by mixing together all ingredients. Then, swirl both into the oats.

# **Notes**

Nutrition does not include fudge or cookie dough bites.



# **Nutrition**

207 calories | 5g fat | 37g carbs | 10g sugar | 4g fiber | 5g protein