

OVERNIGHT OATS FORMULA*

1

BASE | OATS:

Old-fashioned/rolled oats, gluten-free oats, steel-cut oats or quick oats.

2

CREAM IT UP:

Add in plain, unsweetened yogurt, Greek yogurt or a plant-based yogurt..

3

BULK IT UP:

Add ground flax meal or chia seeds to thicken and add more nutrients

4

SWEETNESS:

Add honey or maple syrup to your preference of sweetness

5

LIQUID:

Dairy-free milk (almond, cashew, oat milk) or water

OPTIONAL

Steps #1-5 are the base recipe. Now you can add fruits, a little bit of vanilla extract, nuts, seeds whatever your fancy is. Get creative, the possibilities are endless.

*Adapted from Johnston, Cassie. "How to Make Overnight Oats + 8 Easy Recipes." Wholefully, 21 June 2021, [wholefully.com/8-classic-overnight-oats-recipes-you-should-try/](https://www.wholefully.com/8-classic-overnight-oats-recipes-you-should-try/).