

### **Blueberry overnight oats:**

Ingredients:

1/2 cup (45g) Rolled oats

1 tablespoon Chia seeds

1/2 cup (45g) blueberries

Pinch salt

1/4 cup (70g) Greek yogurt

1-2 teaspoons Maple syrup

1/2 cup (120ml) Almond milk or any milk of your choice  
slivered almonds and blueberries for topping

### **Chocolate & banana overnight oats:**

Ingredients:

1/2 cup (45g) Rolled oats

1 tablespoon Chia seeds

1 tablespoon Cocoa powder

Pinch salt

1/4 cup (70g) Greek yogurt

1-2 teaspoons Maple syrup,

optional 1/2 cup (120ml) Almond milk or any milk of your choice

1/2 Banana

Chocolate shavings and banana slices for topping

### **Apple pie overnight oats:**

Ingredients:

1/2 cup (45g) Rolled oats

1 tablespoon Chia seeds

Pinch salt

1/4 cup (70g) Greek yogurt

1/2 cup (120ml) Almond milk or any milk of your choice

1/2 Apple, grated

1/2 teaspoon Cinnamon

1-2 teaspoons Honey/maple syrup, optional

Walnuts

### **Pina colada overnight oats**

Ingredients:

1/2 cup (45g) Rolled oats

1 tablespoon Chia seeds

2oz (60g) Pineapple

Pinch salt

1/4 cup (70g) Greek yogurt

1-2 teaspoons Honey/Maple syrup \*optional

1/2 cup (120ml) Coconut milk or any milk of your choice  
1 tablespoon Desiccated coconut  
1/2 teaspoon Vanilla extract  
Pineapple chunks and desiccated coconut for topping

### **Peanut butter & jelly overnight oats:**

Ingredients:

1/2 cup (45g) Rolled oats  
1 tablespoon Chia seeds  
Pinch salt  
1/4 cup (70g) Greek yogurt  
1/2 cup (120ml) Almond milk or any milk of your choice  
2 tablespoons Natural peanut butter  
2 tablespoons Fruit jam of your choice  
Crushed peanuts and natural peanut butter for topping

### **Directions:**

1. Place all ingredients into a large glass container/bowl and mix until combined.
2. Transfer to a jar or a glass. Place in the fridge for at least 4 hours or overnight.