

Blueberry overnight oats:

Ingredients:

1/2 cup (45g) Rolled oats
1 tablespoon Chia seeds
1/2 cup (45g) blueberries
Pinch salt 1
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.