

Overnight Oatmeal - 8 Ways



Overnight Oats - 8 Ways - healthy no-cook make-ahead oatmeal just perfect for busy mornings. Best of all, easy to customize with your favorite flavors. Almond Joy, Apple Cinnamon, Banana Nut, Blueberry, Carrot Cake, Peanut Butter & Jelly, Pumpkin Cranberry, and Strawberry.

Course	Breakfast
Cuisine	American
Keyword	breakfast, make ahead, meal prep, no cook, oatmeal, overnight oats
Prep Time	5 minutes
Total Time	5 minutes
Servings	1 overnight oats
Calories	180 kcal
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Ingredients

- Mason Jar
- Resealable container
- Bowl

OVERNIGHT OATS BASE RECIPE:

- 1/2 cup rolled oats gluten free as needed
- 2/3 - 3/4 cup almond milk or your favorite milk (for a non-vegan version - you can add half milk and half Greek yogurt for creaminess as well)
- 2 teaspoons chia seeds

APPLE CINNAMON OVERNIGHT OATS:

- 1/2 cup chopped apples (I used gala)
- 1 teaspoon ground cinnamon
- 1-2 teaspoons maple syrup honey or low carb liquid sweetener (optional)

BANANA WALNUT OVERNIGHT OATS:

- 1/2 very ripe banana mashed or chopped for chunkier texture
- 1 teaspoon maple syrup honey or low carb liquid sweetener
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg ,optional
- 2 Tablespoon walnuts chopped, for topping
- banana slices for topping, optional

ALMOND JOY OVERNIGHT OATS:

- 2 teaspoons maple syrup honey or low carb liquid sweetener
- 1/2 Tablespoon cocoa powder
- 1 Tablespoon unsweetened shredded coconut
- 1 Tablespoon slivered or sliced almonds

STRAWBERRY OVERNIGHT OATS:

- 1/4 cup chopped strawberries plus extra for topping
- 1-2 teaspoons maple syrup , honey or low carb liquid sweetener
- 1/4 teaspoon pure vanilla extract
- 2-3 slices freeze-dried strawberries (optional for topping)

CARROT CAKE OVERNIGHT OATS:

- 1 Tablespoon maple syrup honey or low carb sweetener
- 1/2 teaspoon ground cinnamon
- 1 Tablespoon grated carrots plus more for topping (if desired)
- 1/2 Tablespoon shredded coconut plus more for topping
- 1 teaspoon chopped pecans
- 1/2 teaspoon raisins optional, plus more for topping

BLUEBERRY VANILLA ALMOND BUTTER OVERNIGHT OATS:

- 1/4 teaspoon pure vanilla extract
- 1 Tablespoon almond butter
- 1-2 teaspoons maple syrup , honey or low carb liquid sweetener
- 1/4 cup fresh blueberries plus more for toppings

PEANUT BUTTER AND JELLY OVERNIGHT OATS:

- 1/2 teaspoon coconut sugar or honey optional
- 1/2 teaspoon pure vanilla extract
- 2 Tablespoons seedless strawberry (or raspberry) jam plus more for layering
- 2-3 Tablespoons smooth or crunchy peanut butter plus more for layering
- 1 teaspoon freeze-dried strawberries for topping, optional
- 1/4 teaspoon chopped peanuts for topping, optional

PUMPKIN CRANBERRY OVERNIGHT OATS:

- 1/2 Tablespoon maple syrup
- 1 Tablespoon pecans chopped
- 1 Tablespoon pure pumpkin puree (canned or fresh)
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon ground cinnamon
- 1 teaspoon pepitas plus more for topping
- 1 teaspoon ground cranberries plus more for topping

Instructions

Overnight Oats Base Recipe:

1. Add oats, milk and chia seeds together in a mason jar, resealable container or a bowl. (If you like your oatmeal creamier, you can add more milk and less if you like them on the chunkier side - you can also add an extra 2 tablespoons yogurt (dairy free if needed) to make them creamier).

Shake jar or mix and combine with a spoon. Seal and chill in the fridge for at least 4 hours or overnight.

Enjoy cold or heat up in the microwave or stove-top.

Apple Cinnamon Overnight Oats:

1. Add apples, cinnamon (and sweetener if desired) to a mason jar.
2. Shake jar or mix and combine with a spoon. Seal and chill in the fridge for at least 4 hours or overnight. Enjoy cold or heat up in the microwave or stove-top.
3. Serve with more milk as desired and top with additional chopped apples and ground cinnamon before serving, if desired.

Banana Walnut Overnight Oats:

1. Add mashed banana and cinnamon to a mason jar
2. Shake jar or mix and combine with a spoon. Seal and chill in the fridge for at least 4 hours or overnight. Enjoy cold or heat up in the microwave or stove-top.
3. Serve with more milk as desired and top with fresh banana slices and walnuts before serving, if desired.

Almond Joy Overnight Oats:

1. Add sweetener and cocoa powder.
2. Shake jar or mix and combine with a spoon. Seal and chill in the fridge for at least 4 hours or overnight. Enjoy cold or heat up in the microwave or stove-top.
3. Serve with more milk as desired and top with coconut, slivered almonds, and chocolate chips before serving, if desired.

Strawberry Overnight Oats:

1. Add strawberries (and sweetener if desired).
2. Shake jar or mix and combine with a spoon. Seal and chill in the fridge for at least 4 hours or overnight. Enjoy cold or heat up in the microwave or stove-top.
3. Serve with more milk as desired and top with fresh strawberry slices before serving, if desired.

Carrot Cake Overnight Oats:

1. Add sweetener, cinnamon, carrots, coconut, pecans, and raisins to a mason jar.

2. Shake jar or mix and combine with a spoon. Seal and chill in the fridge for at least 4 hours or overnight. Enjoy cold or heat up in the microwave or stove-top.
3. Serve with more milk as desired and sprinkle with additional coconut, pecans, and raisins before serving (optional)

Blueberry Vanilla Almond Butter Overnight Oats:

1. Add vanilla, and blueberries (and sweetener if desired) to mason jar.
2. Shake jar or mix and combine with a spoon. Seal and chill in the fridge for at least 4 hours or overnight. Enjoy cold or heat up in the microwave or stove-top.
3. Serve with more milk as desired and top with fresh blueberries and almond butter before serving

Peanut Butter and Jelly Overnight Oats:

1. Add sweetener (if using), peanut butter, jam and vanilla to the mason jar.
2. Shake jar or mix and combine with a spoon. Seal and chill in the fridge for at least 4 hours or overnight. Enjoy cold or heat up in the microwave or stove-top.
3. Serve with more milk as desired and top with another layer of peanut butter, jam, freeze-dried berries, and chopped peanuts before serving, if desired.

Pumpkin Overnight Oats:

1. Add remaining ingredients to the mason jar
2. Shake jar or mix and combine with a spoon. Seal and chill in the fridge for at least 4 hours or overnight. Enjoy cold or heat up in the microwave or stove-top.
3. Serve with more milk as desired and top with more pepitas and cranberries before serving, if desired.

FOR MEAL PREP:

1. Make 3-4 batches of your favorite flavors and store in separate mason jars or containers.

Nutrition Facts

Overnight Oatmeal - 8 Ways

Amount Per Serving (1 serving (base only))

Calories 180 **Calories from Fat** 72

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2g **10%**

Sodium 51mg **2%**

Potassium 140mg **4%**

Total Carbohydrates 24g **8%**

Dietary Fiber 2g **8%**

Sugars 15g

Protein 3g **6%**

Vitamin A 0.9%

Vitamin C 5.1%

Calcium 6.7%

Iron 7.3%

* Percent Daily Values are based on a 2000 calorie diet.