

A close-up photograph of a glass jar filled with overnight oats. The jar is filled with a thick, pinkish-white yogurt base, topped with a layer of golden-brown granola, fresh raspberries, and orange segments. The jar is surrounded by fresh raspberries, a sprig of green mint, and scattered granola on a white surface. A semi-transparent green rectangular box is overlaid on the image, containing the text "Overnight Oats Recipes" in a white serif font.

# Overnight Oats Recipes



# Basic Overnight Oats

## Ingredients

- 1/2 cup rolled oats
- 1/2 cup milk of your choice
- 1/2 tablespoon chia or flax seeds
- 1 tbsp of sweetener of your choice (optional)

## Directions

1. Place the rolled oats and chia seeds in a 250ml glass jar or container and stir with a spoon.
2. Add the sweetener of your choice (if required) and milk. Mix well.
3. Cover the container with a lid or wrap and place in the fridge for at least 2 hours. Overnight gives a better texture.
4. The next day, open the container and add your desired toppings.





# Overnight Oats with Berries

## Ingredients

- 1/2 cup rolled oats
- 1/2 cup milk of your choice
- 1/2 tablespoon chia or flax seeds
- 1 tsp honey or maple syrup
- 1/2 cup berries

## Directions

1. For this version, make sure to add honey to the base recipe the night before.
2. The next day, add the berries on top. If you want to eat this warm, make sure you add the berries after warming the oats.





# Overnight Oats with Coffee & Walnut

## Ingredients

1/2 cup rolled oats  
1/2 cup milk of your choice  
1/2 tablespoon chia or flax seeds  
1 tbsp maple syrup  
1 tsp instant coffee  
5 walnuts, half  
2 tbsp greek or coconut yoghurt

## Directions

1. Add the instant coffee with the rolled oats and chia seeds and mix well before adding the maple syrup and preferred liquid.
2. Instead of instant coffee, you can add a shot of espresso and a bit less milk.
3. Top with greek yoghurt and walnuts the following day.





# Double chocolate Overnight Oats

## Ingredients

1/2 cup rolled oats  
1/2 cup milk of your choice  
1/2 tablespoon chia or flax seeds  
2/3 tbsp cacao powder  
1 tbsp maple syrup  
2 tbsp coconut yoghurt  
1 tsp nutella  
5-8 roasted hazelnuts  
A few cacao nibs

## Directions

1. Add the cacao with the rolled oats and chia seeds, and mix well, before adding the maple syrup and preferred milk.
2. Top with Nutella, coconut yoghurt, hazelnuts and cacao nibs the following day.





# Peanut Butter Overnight Oats

## Ingredients

1/2 cup rolled oats  
1/2 cup milk of your choice  
1/2 tablespoon chia or flax seeds  
2 tbsp peanut butter  
A handful of peanuts or other nuts  
Fresh fruit, optional  
A few raw cacao nibs

## Directions

1. Mix the base recipe
2. Top with peanut butter, nuts and raw cacao nibs the following day. Add some fresh fruit too if you like.

