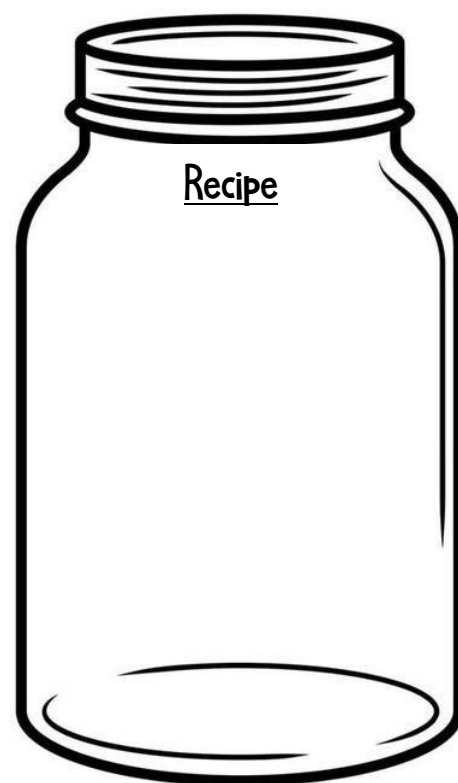
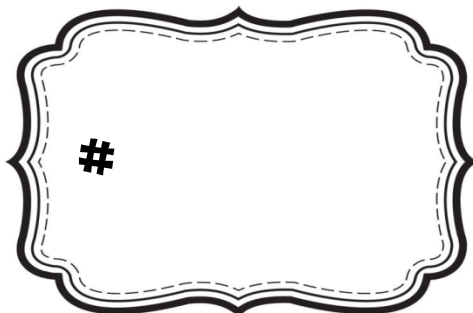


# Overnight Oats Ingredient Options

(Hi-light choices & add desired amount—write your recipe in the jar and your #recipe name on the label)



<b>Base (¼ cup)</b>
Old Fashioned Oats



<b>Liquid--Choose 1 (1:1 Ratio)</b>
Fat Free Milk
1% Milk
Almond Milk- Original
Almond Milk-Vanilla
Almond Milk-Unsweetened
Greek Yogurt--plain

<b>Mix-ins--Choose up to 3</b>	Sunflower Seeds
Sunbutter	Flax Seeds (ground)
Pumpkin Puree	Dried Coconut
Banana	Dried Raisins
Apples	Dried Craisins
Frozen Berries	Dried Apricots
Honey	Spices--Cinnamon, Nutmeg Pumpkin Pie Spice, Vanilla
Chia Seeds	Lemon or Orange Zest

<b>Toppings--Optional/Choose up to 2</b>	Pecan Pieces
Mini Dark Chocolate Chips	Almond Slivers
Sunflower Seeds	Granola Clusters
Pumpkin Seeds	Coconut Flakes

## Parts & Amounts

Base: ¼ c. Oats (old fashioned rolled is best)

Liquid: ¼ c. Dairy or Non-Dairy (regular, unsweetened, sweetened or vanilla)

Liquid to Base Ratio: Begin with a 1:1 ratio and adjust accordingly if too dry or wet. ¼ c. Greek yogurt can also be included with a 1:1:1 ratio.

Mix-ins: fruit (¼ c.-½ c.fresh or 1 tbsp. dried), 1 tbsp. nut/seed butters, 1 tsp.-1 tbsp. seeds, 1-2 tbsp. pumpkin puree, 1-2 tsp. honey, up to 1 tbsp. coconut, ¼ tsp -½ tsp. vanilla, generous pinch of spice(s), zest of orange or lemon, or up to 1 tbsp. chocolate chips

Toppings: 2-3 tsp. nuts, seeds, dark chocolate or cacao chips, coconut, etc.



