

Overnight Oats



Strawberry Shortcake

- ½ cup rolled oats
- ½ cup almondmilk
- ¼ cup greek yogurt
- ¼ chopped strawberries
- 1 tsp. maple syrup
- ¼ cup almonds
- *Optional- chia seeds



Peanut Butter Cup

- ½ cup rolled oats
- ½ cup almondmilk
- ¼ cup greek yogurt
- 1 tbsp peanut butter
- 1 tsp maple syrup
- 1 tbsp chocolate chips
- Fruit of your choice
- *Optional- chia seeds



Blueberry Muffin

- ½ cup rolled oats
- ½ cup almondmilk
- ¼ cup greek yogurt
- 2 tbsp blueberries
- 1 tbsp sliced almonds
- 1 tsp maple syrup
- Pinch of cinnamon
- *Optional- chia seeds



Apple Pie

- ½ cup rolled oats
- ½ cup almondmilk
- ¼ cup greek yogurt
- 1 tsp maple syrup
- ¼ cup diced apples
- Pinch of cinnamon
- *Optional- chia seeds

How to Assemble

1st

Build Base

(oats, milk, almondmilk, yogurt, chia seeds, etc.)



2nd

Add Fruit

(strawberries, apples, blueberries, raspberries, etc.)



3rd

Add Toppings

(peanut butter, almonds, chocolate, coconut flake, cinnamon, maple syrup, etc.)



4th

Shake & Refrigerate

