

Overnight Oats

Made Easy



<http://www.sixpacksmackdown.com/oats>

Peaches and Cream Overnight Oats

Ingredients

- 1/3c Greek Yogurt or heavy cream (If you do not want to use yogurt, just use 1c of milk)
- 2/3c Milk (dairy, almond, coconut)
- 1/2c rolled oats (old fashioned or quick oats)
- 1 tsp stevia
- 1/2c frozen or fresh peaches, diced

Directions

1. Combine oats, yogurt and milk in a dish with a cover
2. Add remaining ingredients and place in the fridge overnight
3. Enjoy cold!

Strawberries and Cream Overnight Oats

Ingredients

- 1/3c Greek Yogurt or heavy cream (If you do not want to use yogurt, just use 1c of milk)
- 2/3c Milk (dairy, almond, coconut)
- 1/2c rolled oats (old fashioned or quick oats)
- 1 tsp stevia
- 1/2c frozen or fresh strawberries, diced

Directions

1. Combine oats, yogurt and milk in a dish with a cover
2. Add remaining ingredients and place in the fridge overnight
3. Enjoy cold!

Cinnamon & Sugar Overnight Oats

Ingredients

- 1/3c Greek Yogurt or heavy cream (If you do not want to use yogurt, just use 1c of milk)
- 2/3c Milk (dairy, almond, coconut)
- 1/2c rolled oats (old fashioned or quick oats)
- 1 tsp stevia
- 1-2 tsp cinnamon

Directions

1. Combine oats, yogurt and milk in a dish with a cover
2. Add remaining ingredients and place in the fridge overnight
3. Enjoy cold!

Banana Walnut Overnight Oats

Ingredients

- 1/3c Greek Yogurt or heavy cream (If you do not want to use yogurt, just use 1c of milk)
- 2/3c Milk (dairy, almond, coconut)
- 1/2c rolled oats (old fashioned or quick oats)
- 1 tsp stevia
- ½ medium banana, sliced
- Handful of walnut pieces

Directions

1. Combine oats, yogurt and milk in a dish with a cover
2. Add remaining ingredients and place in the fridge overnight
3. Enjoy cold!

Peanut Butter and Jelly Overnight Oats

Ingredients

- 1/3c Greek Yogurt or heavy cream (If you do not want to use yogurt, just use 1c of milk)
- 2/3c Milk (dairy, almond, coconut)
- 1/2c rolled oats (old fashioned or quick oats)
- 1 tsp stevia
- ½ tbsp sugar free maple syrup
- 2 tbsp peanut butter
- 1 tbsp jelly

Directions

1. Combine oats, yogurt and milk in a dish with a cover
2. Add remaining ingredients except for the jelly and place in the fridge overnight
3. Swirl jelly around the oats right before eating
4. Enjoy cold!