



Overnight Oats

Ingredients:

- 1 cup almond milk (or preferred milk choice)
- ½ cup rolled oats
- 1 tablespoon chia seeds
- 1 tablespoon liquid sweetener (honey, maple syrup, or agave)
- 1 pinch salt

Instructions:

1. Add all ingredients to mason jar and shake thoroughly.
2. Leave in fridge overnight.
3. Top with preferred fruit, nuts, or granola and enjoy!

Variations:

- To make it vegan used plant- based milk and yogurt, and maple syrup to sweeten.
- To make it sugar- free swop sweetener for ½ mashed ripe banana or stevia.
- To make it gluten- free use gluten- free oats.
- For added creaminess, top with Greek Yogurt in the morning!

Prep Time: 5 minutes

Cooking Time: Overnight

Equipment:

- Mason jar
- Measuring cups and spoons

Servings: 1

Serving Size: 1



Nutrition Facts: 322 Calories, 10g Fat, 1g Saturated Fat, 50 g Carbohydrates, 9 g Protein, 9 g Fiber, 16 g Sugar, 185 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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