



OVERNIGHT OATS

RECIPE AND INGREDIENT FACTS SHEET

What are Overnight Oats?

Overnight oats are made by soaking raw rolled oats in milk or a milk alternative overnight, allowing them to soften without cooking. This creates a creamy, ready-to-eat breakfast that's easy to prepare ahead of time. They're versatile, naturally high in fiber, and can be customized with fruits, nuts, or spices for added flavor and nutrition.



Health Benefits of Overnight Oats

- **Digestive health:** High in fiber, oats support healthy digestion and regularity.
- **Heart health:** Beta-glucan fiber may help lower cholesterol levels.
- **Sustained energy:** Complex carbohydrates provide steady fuel for the day.
- **Nutrient-dense:** Oats supply iron, magnesium, and B vitamins.
- **Versatile & balanced:** Pair well with fruits, nuts, and seeds to boost protein, antioxidants, and healthy fats.



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Recipe (serves 1)

Ingredients

- 1/3 cup rolled oats
- 2/3 cup skim milk
- 2 tsp chia seeds
- 1/3 cup fruit

Instructions

1. Combine ingredients
2. Cover and let sit in the fridge overnight or for 8 hours

Flavor changing tips: Change out the fruit, and add spices, and nuts

Try:

- Cocoa powder with blueberries or pomegranate
- Apple with cinnamon
- Blueberries and vanilla extract
- Flaked almonds, cardamom and saffron



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READ MORE ABOUT THE HEALTHY INGREDIENTS!

Recipe Health Benefits

Overnight oats are made with rolled oats soaked in milk or milk alternatives, and can be topped with fruits, nuts, or seeds. Its ingredients provide several health benefits:

- **Rolled oats** – rich in fiber that supports heart health and digestion.
- **Milk** – provides protein and calcium to support strong bones and muscles.
- **Chia seeds** – add omega-3 fatty acids, fiber, and minerals for digestive and heart health.
- **Fruit toppings (berries, banana, apple, mango)** – high in vitamins, antioxidants, and fiber.
- **Nut toppings (almonds, walnuts, peanut butter)** – supply healthy fats and protein that aid satiety and nutrient absorption.
- **Spices (cinnamon, cardamom, nutmeg)** – contain antioxidants and compounds that may help regulate blood sugar and reduce inflammation.

Overnight oats deliver fiber, protein, healthy fats, and antioxidants in a balanced meal that supports overall wellness.

Key Points When Preparing Your Chia Pudding

- Use about $\frac{1}{3}$ cup oats per $\frac{2}{3}$ cup liquid for a creamy consistency.
- Mix well when adding chia seeds or nut butters to avoid clumping.
- Store prepared overnight oats in the refrigerator to thicken and consume within 3-4 days.