

Overnight Oats with Grapes, Yogurt, Jam & Kefir



Tips:

1. This quick & easy recipe is a great way to boost both the flavor and nutritional potency of overnight soaked oats. *Just keep in mind that though they are called “overnight soaked oats”, oats should soak at least 12 hours - 24 hours is best - to make them easier to digest and best take*

advantage of their nutritional and fiber value. [Click this link for picture book overnight water-soaked oats directions.](#)

2. **Making this recipe all your own:** Like any recipe, the ingredients you find here, though they work great together, are just suggestions. Imagination, taste and dietary restrictions are always your only limits.

Preparation Time: 5 minutes

Needed
(per serving)

1-2 Tablespoons Overnight Soaked Oats
Handful Grapes

1 - 2 Tablespoons Yogurt (I'm using whole milk Greek yogurt, but any yogurt will work)

1/2 - 1 Tablespoon Jam

Kefir (Kefir is an almost completely lactose-free fermented yogurt-like drink packed with protein and beneficial bacteria.)

Raisins (Can be substituted with any dried fruit)

Bowl

Tablespoon



1. Put **1 - 2 tablespoons of overnight soaked oats** in a bowl.



2. Give **a handful of grapes** a good rinse with cold tap water, and put them in the bowl with the **overnight oats**.



3. Add **1-2 tablespoons yogurt**, **1-2 tablespoons jam**,...



...**a good shot of kefir**, about as many **raisins** as shown below (right) and...



...enjoy!



© 2025 Bruce Tretter
Gotta' Eat, Can't Cook
"Show Me How" Video & Picture Book Cooking