

Overnight Oats



Easy - huge benefits

Add oats + liquid. Refrigerate. Done.
Soaking makes oats easier to digest & improves
nutrient absorption.

Ingredients

- Rolled oats
- Water or milk

Equipment

- Jar with lid



How to make it (Active time: 3 minutes)

Add to a jar:

Oats – enough for 1–2 servings.



Water or milk - fill to cover oats.



Screw on jar lid.



Refrigerate at least 6 hours
(overnight is easiest)



Make it your own:
Start simple. Then experiment.

Try different oat mixes (rolled
oats or blends but skip steel-cut
oats — too tough for overnight
soaking).



Use for sweet meals.



Try it instead of:

- Rice
- Pasta
- Potatoes



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