



Overnight Oats Trio

Apple Pie Overnight Oats Recipe

Ingredients: Oats (1/2 cup), milk (1/2 cup), maple syrup (1 tbsp), plain yogurt (1/4 cup), cinnamon (1/2 tsp), nutmeg (dash), diced apple (1/4 cup), pecans (1 tbsp).

Instructions: Add all ingredients except the diced apple and pecans into a lidded jar or bowl. Give it a stir until it's all combined, then seal with a lid or plastic wrap. Let the oat mixture soak in the fridge for at least 2 hours, preferably overnight for 8+ hours (this will create a creamier consistency). Add diced apples and pecans, then stir and enjoy!

PB&J Overnight Oats Recipe

Ingredients: Oats (1/2 cup), milk (1/2 cup), maple syrup (1 tbsp), plain yogurt (1/4 cup), raspberry jam (2 tbsp), peanut butter (1 tbsp), chopped peanuts (1 tbsp).

Instructions: Add all ingredients except the jam, peanut butter, and peanuts into a lidded jar or bowl. Give it a stir until it's all combined, then seal with a lid or plastic wrap. Let the oat mixture soak in the fridge for at least 2 hours, preferably overnight for 8+ hours (this will create a creamier consistency). Add the raspberry jam, peanut butter, and chopped peanuts, then stir and enjoy!

Tropical Overnight Oats Recipe

Ingredients: Oats (1/2 cup), coconut milk (1/2 cup), maple syrup (1 tbsp), plain yogurt (1/4 cup), shredded coconut (1 tbsp), pineapple tidbits (1/4 cup).

Instructions: Add all ingredients except shredded coconut and pineapple into a lidded jar or bowl. Give it a stir until it's all combined, then seal with a lid or plastic wrap. Let the oat mixture soak in the fridge for at least 2 hours, preferably overnight for 8+ hours (this will create a creamier consistency). Add the shredded coconut and pineapple tidbits, then stir and enjoy!

DREAM DINNERS®



Share pictures of your overnight oats with us in the Dream Dinners Community Group on Facebook!