

# OVERNIGHT OATS | 5 DELICIOUS FLAVORS!

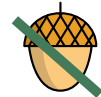


# 5 SIMPLE OVERNIGHT OATS

Made the night before with just a handful of wholesome ingredients, Overnight Oats are a refreshing and nourishing way to start your day!



SOY FREE



NUT-FREE



GLUTEN FREE

**Prep Time:** 5 minutes

**Total Time:** 8 hour, 5 mins

**Serves:** 1

## BASE RECIPE:

1/2 cup rolled oats  
1 tablespoon chia seeds  
Pinch of salt  
3/4-1 cup non-dairy milk

## DOUBLE CHOCOLATE

1 tablespoon cocoa powder  
2-3 teaspoons liquid sweetener  
1 tablespoon cacao nibs or chocolate chips

## LEMON BLUEBERRY

Zest of half a lemon  
2-3 teaspoons maple syrup  
Handful of fresh or frozen blueberries

## CINNAMON APPLE

1/2 apple, grated  
A dash of cinnamon  
Optional: 2-3 teaspoons maple syrup  
Day of topping: chopped walnuts

## PB&J

1 1/2 tablespoons strawberry jam  
Day of topping: 1 tablespoon peanut butter

## MANGO COCONUT

1 tablespoon desiccated coconut (or coconut cream)  
1/2 mango, cut into small pieces (or puréed)  
A dash of cinnamon  
A dash of ground ginger  
Optional: 2-3 teaspoons maple syrup

1. Into 5 different mason jars, combine 1/2 cup of rolled oats, 1 tablespoon of chia seeds, a pinch of salt and 3/4-1 cup of non-dairy milk. If you want thicker overnight oats, just use 3/4 cup of milk.
2. Next, to each jar stir in the ingredients needed for whichever flavor you desire, excluding the "day of toppings" which you'll add the morning you eat that flavor.
3. Seal the jars and store them in the fridge for up to 5 days!
4. Overnight oats can be soy, nut and gluten-free if desired. Just be sure to use certified gluten-free oats as well as soy/nut-free non-dairy milk!

# FREQUENTLY ASKED QUESTIONS:

## **What are the best oats for overnight oats?**

My favorite oats to use are old-fashioned rolled oats. Even after soaking overnight, they hold their shape and don't get too mushy.

## **Do you eat overnight oats cold or warm?**

Both! Usually overnight oats are eaten chilled right out of the jar. However, if desired, you can warm the oats in the microwave or on the stovetop before eating.

## **How long do overnight oats last in the fridge?**

The base recipe for overnight oats should last for 3-4 days in the fridge. However they taste best the day after you've made them! If you add fresh fruit to your overnight oats, that will decrease the amount of time you can store them in the fridge. If possible, I recommend adding fruit such as bananas the day you plan to eat the oats! Other fruits such as berries should last a little longer.

## **Can you make overnight oats with water?**

It's possible, but I wouldn't recommend it as the oats will soak up whatever liquid you use. Think of the overnight oats like cereal. You wouldn't want to eat cereal with water!

# PLANT BiASED

---

In my Plant Biased ebook and print book, I share practical advice and mouth-watering recipes (including 100+ photos so you know what you're making!) for those looking to start a healthier vegan or plant-based diet.

Whether you're an absolute beginner in plant-based healthy eating or you're looking for more inspiration to spice up your vegan meals, Plant Biased will be the one indispensable cookbook you always keep handy in the kitchen.



## What This Beginner's Guide Will Teach You:

- ✓ **Why Plant Biased?** Understand the "why" behind your choice to go plant-based!
- ✓ **Vegan Cooking Basics:** What you need to know and what to avoid when cooking.
- ✓ **Grocery Shopping:** How to confidently find healthy, unprocessed foods at the store.
- ✓ **Nutritional Guidelines:** Make sure you and your family meet all your nutritional needs!
- ✓ **Kitchen Essentials:** Learn to create a place where you'll LOVE to cook!

## 90+ Vegan Recipes (and LOTS of Photos!) Including:

- ✓ **Breakfast Recipes:** Pancakes, granola, breads, donuts, oatmeals and more!
  - ✓ **Main Meal Recipes:** Creative, hearty and healthy meals that will satisfy even meat-eaters!
  - ✓ **Dessert Recipes:** Even vegans need dessert, and these recipes won't disappoint.
  - ✓ **Snack & Bread Recipes:** Delicious breads and snacks to keep everybody filled.
  - ✓ **Drink Recipes:** Smoothies, juices, milks and teas to compliment any meal.
- ...and much, much more!

[CHECK OUT PLANT BIASED!](#)





## About the The Conscientious Eater

Faith started her plant-based food blog over six years ago as a way to document her (overnight!) transition to a plant-based diet. Her recipes are often inspired from her travels around the world and are both family and friend approved. As a new mom, Faith focuses on quick, wholesome recipes that the entire family can enjoy together.

She believes in a balanced diet, so baked goods and dessert are always included! She hopes the recipes she shares on her blog will not only inspire you in the kitchen, but make plant-based eating seem fun and attainable.



THECONSCIENTIOUSEATER.COM