

# Cranberry Pie Overnight Oats *Recipe*

SERVES: 1 | PREP TIME: 5 MINUTES

## Ingredients

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½ cup to ¾ cup liquid  
such as dairy, almond or  
oat milk

¼ cup oats

Graham crackers

Dried cranberries

Honey packet

Chia seeds

## Directions

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- 1** Add the milk and oats to a jar or container and give them a good stir.
- 2** Refrigerate overnight or for at least 5 hours.  
  
In the morning, add additional liquid if you'd like. Once you achieve the desired consistency,
- 3** top with the graham crackers, dried cranberries, honey and chia seeds.

*The mixture will keep for up to two days.*

# Tropical Overnight Oats *Recipe*

SERVES: 1 | PREP TIME: 5 MINUTES

## Ingredients

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½ cup to ¾ cup liquid  
such as dairy, almond or  
oat milk

¼ cup oats

Sweetened coconut  
flakes

Dried pineapple

Walnuts

Chia seeds

## Directions

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- 1** Add the milk and oats to a jar or container and give them a good stir.
- 2** Refrigerate overnight or for at least 5 hours.
- 3** In the morning, add additional liquid if you'd like. Once you achieve the desired consistency, top with the sweetened coconut flakes, dried pineapple, walnuts and chia seeds.

*The mixture will keep for up to two days.*

# Crunchy PB&J Overnight Oats *Recipe*

SERVES: 1 | PREP TIME: 5 MINUTES

## Ingredients

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½ cup to ¾ cup liquid  
such as dairy, almond or  
oat milk

¼ cup oats

Jelly packet

Peanut butter packet

Granola

## Directions

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- 1** Add the milk and oats to a jar or container and give them a good stir.
- 2** Refrigerate overnight or for at least 5 hours.
- 3** In the morning, add additional liquid if you'd like. Once you achieve the desired consistency, top with the jelly, peanut butter and granola.

*The mixture will keep for up to two days.*

# Cookie Dough Overnight Oats *Recipe*

SERVES: 1 | PREP TIME: 5 MINUTES

## Ingredients

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½ cup to ¾ cup liquid  
such as dairy, almond or  
oat milk

¼ cup oats

Brown sugar

Chia seeds

Dark chocolate chips

## Directions

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- 1** Add the milk and oats to a jar or container and give them a good stir.
- 2** Refrigerate overnight or for at least 5 hours.  
  
In the morning, add additional liquid if you'd like. Once you achieve the desired consistency,
- 3** top with the brown sugar, chia seeds and dark chocolate chips.

*The mixture will keep for up to two days.*