

Four Overnight Oats Recipes

If you haven't been on the recent overnight oats craze, it's not too late. I've put together four easy recipes that don't take much time to prep the night before.

I'll admit I am texturally sensitive! I don't enjoy soggy nuts, fruits or toppings in my oatmeal. My solution is chia dust (chia powder, ground chia seed, or chia flour). I sprinkle a thin layer over my overnight oats base, and it provides a barrier between my oatmeal and toppings.

Chia Dust



A whole food ingredient, chia dust is finely milled chia seeds, which have the consistency of a flour. If you've used chia seeds before than you know they really don't taste like much of anything, and chia dust is the same way: it has an ever-so-slightly nutty undertone that keeps to the background of almost anything it's put into. It can be used to thicken many recipes, such as smoothies, baking, sauces, dressings and condiments. It typically takes only a teaspoon or two to thicken your recipe. Chia dust stores well in a glass jar.

Prep Time: 5 minutes

Ingredients

- 1/2 cup chia seeds or more, depending on desired quantity

Instructions

- Using a high-speed blender (such as a Vitamix), add the chia seeds to the container. You can also use a food processor if you do not have a high-speed blender.
- Start blending at the lowest speed, and slowly increase to high speed blending.
- You may need to stop blending and scrape down the sides to make sure all seeds are finely ground. The powder will look like finely ground pepper when complete.
- Store in the fridge in an airtight glass container for the longest shelf life.

See Mango Ginger Pomegranate Quinoa Overnight Oats recipe below for picture showing chia dust layer.

Overnight Oats



Oatmeal is a great source of complex carbohydrates to fuel the body and fiber to decrease the risk of heart disease.

I use a 1:1½ cups ratio of oats to liquid (milk, non-dairy, water, lemon water). Depending on how hungry you are in mornings, I use 1/3 to 1/2 cup oats per person for most recipes. I add more liquid if needed while prepping the night before or in morning. If I've added too much liquid, I add a small amount of chia dust to thicken consistency. I have found that I enjoy my overnight oats heated instead of refrigerator cold or even room temperature. One of the few occasions I use a microwave

I make a big batch of the oats/liquid base in a bowl and divide into jars to use with different mix-ins (4 servings). It makes it easy to accommodate everyone's unique taste and flavor profile and it gives me different choices and variety.

Give your mix a stir and throw it in the refrigerator to let it soak overnight (7–8 hours). While you're sleeping, the flavors fuse together so that all you have to do in the morning is eat them – no cooking required! If you're in a rush, your overnight oats will be ready in 4-5 hours.

These recipes are just guidelines. Be creative and pick your own flavor combinations. What are you in the mood for? The possibilities are endless. Sometimes too many choices can be overwhelming. As a rule, one protein, one to two fruits, a natural sweetener, and seasoning.

Rolled or Steel Cut?

How to choose: if you prefer not to taste your oats, go with rolled. They will soak up the liquid for a smoother, silkier texture. Steel-cut oats, on the other hand, have a more chewy, hearty texture and require longer to soak (better for those with textural-sensitivity). While rolled and steel cut oats contain nearly identical nutritional profiles, steel-cut oats contain resistant starch that breaks down slower, keeping you fuller longer.

Fiber per cup, cooked: 4g

Protein per cup, cooked: 6g

Sugar per cup, cooked: 1.1g

Mix ins / Add ins:

- **Add Extra Flavor** - without heat to enhance flavors, cold recipes need a little extra love. Cinnamon, ginger, lemon juice, cocoa powder, cacao powder, spices and vanilla extract all add low calorie flavor and a plethora of health benefits such as fighting cancer, boosting immunity, quelling an upset stomach, and even shrinking your waist.
- **Boost Protein** - adding a scoop of protein powder, nonfat Greek yogurt or quinoa to your overnight oats is a great way to start your day off right. When you make protein your priority, you can boost your metabolism and increase satiety. Just be certain to add protein powder or yogurt before you refrigerate your oats. The yogurt will help soften the oats and protein powder requires liquid. Quinoa is considered as a perfect protein as it

contains all 20 amino acids (which are necessary to create protein), including the nine amino acids our bodies don't produce on their own.

- **Use a Natural Sweetener** - when choosing your sweetener, opt for pure maple syrup or honey. Always remember to practice portion control. Anything more than a tablespoon per serving is likely too much!
- **Make Them Creamier** - if you like your oats thick and creamy, Greek yogurt is great. Its tangy flavor is packed with protein, probiotics, and calcium, aiding in digestion, weight loss, and healthy bones. To use yogurt in your overnight oats, simply use equal parts oats, yogurt, to liquid (1:1:1)
- **Add Fresh Fruit** - choose one to two. Be certain to layer chia dust between oats base and fruit or toppings.
- **Nuts and Nut Butter** - adding a tablespoon of nut butter to your oats can increase satiety, boost heart health, fight inflammation, promote metabolism and much more. Almond butter is high in protein, fiber, antioxidants, and monounsaturated fats. **Protein, Per 2 tablespoons: 7-8g**
- **Coffee** - as if overnight oats could make breakfast any easier, you can fuel your body and get your caffeine fix with one mason jar. Simply brew your preferred pot of coffee, add to your oats and store them in the refrigerator overnight (balance amount of coffee with liquid ingredient). Research indicates eating proteins when drinking coffee reduces the secretion of cortisol. High levels of this hormone induce fat storage and it's also linked to anxiety and depression.
- **Everything Else** - Hemp seeds, Flax seeds, Matcha are great mix-ins. If you are not familiar with these ingredients, I will introduce in the future.
- **Use Glass Jars with Lids** -

Storing Overnight Oats

Overnight oats should be stored in the refrigerator in an airtight container immediately after you mix them for food safety reasons. Oats are not pasteurized and there could be microbial pathogens present in them. Typically, oats are kept in dry storage because the low moisture content of the oats prevents the pathogens from growing at room temperature.

How long?

USDA Guidelines indicate you should keep overnight oats for no more than four days in the refrigerator.

While overnight oats will be safe to eat for four days, one thing to keep in mind is that the oats will progressively soften the longer you keep them. You may notice that the liquid separates from the oats. Be sure to stir the mixture again before consuming.

Please share any flavor combinations that you like.

Brown Sugar Pear Steel-Cut Oats



Cooking Required!

Warm steel-cut oats with brown sugar pears and pecans. A simple vegan breakfast with full servings of fruit, fiber, and protein.

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Servings: 2

Author: Chef Chandra, Cooking with Chef Chandra

Ingredients

- 3/4 cup steel-cut oats
- 1 1/2 cups water
- 1 1/2 Tbsp butter, olive oil (non-dairy butter or ghee for vegan)
- 2-3 Tbsp brown sugar
- 1/4 tsp cinnamon
- 1 Tbsp lemon juice
- 2 pears (cored, and chopped*)

For Topping (optional)

- Pecans

Instructions

1. Start your oats by bringing water to a boil in a small saucepan. Once boiling add a pinch of salt and then your oats. Swirl to coat then cover and turn heat off. (This step can be eliminated if you're using rolled instead of steel-cut.)
2. In the meantime, prepare your pears. Heat a medium saucepan over medium heat. Once hot, add olive oil or butter. Once bubbling, add brown sugar and stir. Then immediately add in pears, lemon juice and cinnamon and stir to coat. Cover to steam and soften the pears and cook for 5 or so minutes or until tender and golden brown. Once tender, remove the lid to allow them to caramelize a bit more. Remove from heat.
3. Divide oats between two jars. Add a layer of chia dust before adding equal servings of pears. I also added a few pecans, which added a nice crunch and more protein.
4. Place in refrigerator overnight

* For the pears: Any firm pear will do, but Bosc pears are rumored to be best for baking and caramelizing. I don't peel my pears. Peeling is optional

Recipe adapted *Minimalist Baker recipe*

Lemon, Thyme and Honey Overnight Oats



Overnight oats are given a fancy twist! Fresh herbs, lemon and honey add an unexpected burst of flavor to these creamy oats.

Prep Time: 5 minutes

Servings: 1

Author: Chef Chandra, Cooking with Chef Chandra

Ingredients

- ½ cup rolled oats
- 1 teaspoon lemon zest
- 1 teaspoon lemon juice
- ¼ teaspoon vanilla extract
- ½ cup Greek-style yogurt
- ½ cup milk,
- 2 - 3 sprigs of fresh thyme
- 1 teaspoon honey

For Topping (optional)

- Cashews

Instructions

1. In a bowl, container, or jar, mix together the oats, lemon zest, lemon juice, vanilla extract, yogurt and milk. Remove the thyme leaves from the stems and mix the leaves into the oatmeal along with the honey.
2. Add to jar. Add a layer of chia dust before topping with cashews.
3. Place in refrigerator overnight.

Notes

Yogurt

I used a thick, authentic Greek yogurt, but a thick and creamy yogurt is preferred. If your yogurt is quite sour, consider adding more honey (or other sweetener).

Recipe adapted *Breakfast Drama Queen recipe*

Chocolate Banana Chia Almond Overnight Oats



The superfoods that come into play in this recipe are oats, chia seeds, raw cacao and fruit...providing you with phytochemicals, minerals, macro-nutrients, vitamins, omega 3 fatty acids and antioxidants for a supercharged day!

Prep Time: 5 minutes

Servings: 4

Author: Chef Chandra, Cooking with Chef Chandra

Ingredients

- 2 cups old fashioned oats
- 3 cups milk of your choice
- 2 tablespoons almond butter
- ¼ cup raw cacao powder or cocoa powder
- ¼ cup pure maple syrup
- 3 tablespoons chia seeds
- 2 bananas, sliced

For Topping (optional)

- Sliced almonds

Instructions

1. In a medium bowl, whisk all ingredients together until well combined, except bananas.
2. Divide between four jars. Add a layer of chia dust before adding equal servings of bananas. I also added a few sliced almonds for texture.
3. Place in refrigerator overnight.

Notes

Recipe adapted *Begin Within Nutrition recipe*

Mango Ginger Quinoa Pomegranate Overnight Oats



Thanks to mango and pomegranate seeds, this recipe is bursting with flavor. It's a fun way to use fruit beyond strawberries and blueberries in your overnight oats.

Prep Time: 5 minutes

Servings: 2

Author: Chef Chandra, S.O.U.L. Food

Ingredients

- 1 cup old fashioned oats
- 1 ½ cups almond or oat milk of your choice
- 2 tablespoons honey
- 1 cup COOKED Quinoa
- ½ teaspoon grated fresh ginger
- Zest of one lemon
- ¼ teaspoon cardamom
- 1 cup mango, cut up

For Topping (optional)

- Pomegranates
- Flaked coconut

Instructions

1. In a medium bowl, whisk all ingredients together until well combined, except mango.
2. Divide between two jars. Add a layer of chia dust before adding equal servings of mango, pomegranates and coconut