

How to Make Overnight Oats

Here's a dead simple formula for making great overnight oats every time:

- 1 cup oats
You can use any type of oats. Rolled oats, steel cut oats, oat groats, or quick oats.
- 1 to 1 1/2 cups liquid
Any liquid can be added. Popular liquids include milk, almond milk, coconut milk, yogurt, or even juice.
- 1 teaspoon sweetener
I like honey, but you could also use maple syrup, agave, organic brown sugar, date sugars, or nothing at all!
- Fruit
Fresh fruit like apple slices, grapes, melons, berries, bananas, etc. are delicious in overnight oats. Or, you can add dry raisins, apricots, bananas, dates.
- Optional: Nuts or seeds
We usually add chopped pecans. But walnuts and almonds are also fabulous!

Put oats, liquid, and sweetener combined in fridge overnight. Add nuts and fruit in the morning.

Source: <https://www.superhealthykids.com/recipes/basic-overnight-oats-recipe/>