

## **Overnight Oats: 3 Varieties**

### **Ingredients:**

- ½ cup plain plant milk
- ¾ TBSP chia seeds
- 2 TBSP peanut butter
- 1 TBSP maple syrup (coconut sugar, brown sugar, stevia)
- ½ cup rolled oats
- Add toppings the next morning, such as sliced fruit or granola if you'd like.

## **Pumpkin Pie Overnight Oats**

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### **Ingredients:**

- 1 cup oats
- 2 tsp chia seeds
- 2 tsp flax meal
- 2 tsp pumpkin pie spice
- 1/8 tsp salt
- ½ cup pumpkin puree
- 2 TBSP maple syrup

## **Overnight Oats/Muesli**

### **Ingredients:**

- 1/3 cup muesli or oats
- ¼ tsp ground cinnamon
- 1 TBSP chia seeds
- 1 TBSP peanut/almond butter
- ½ cup plant milk
- ½ cup berries

### **Directions:**

1. Mix in a small container with a lid.
2. Place in refrigerator overnight.
3. Remove lid in the morning, stir and enjoy!

