

# 6 Overnight Oats

## Flavour Combinations

### 1. Chocolate Brownie

*Dry ingredients:*

½ cup rolled oats  
2 tbsp. vanilla protein powder  
1 tbsp. chia seeds  
1 tbsp. cacao powder  
2 tbsp. mini dark chocolate chips

*Wet ingredients:*

1 cup preferred milk

### 2. Caramel Pecan

*Dry ingredients:*

½ cup rolled oats  
2 tbsp. vanilla protein powder  
1 tbsp. chia seeds  
2 dates, finely chopped  
2 tbsp. chopped pecans

*Wet ingredients:*

1 cup preferred milk

### 3. Cranberry Almond

*Dry ingredients:*

½ cup rolled oats  
2 tbsp. vanilla protein powder  
1 tbsp. chia seeds  
2 tbsp. dried cranberries  
2 tbsp. sliced almonds

*Wet ingredients:*

1 cup preferred milk

### 4. Pina Colada

*Dry ingredients:*

½ cup rolled oats  
2 tbsp. vanilla protein powder  
1 tbsp. chia seeds  
2 tbsp. chopped dried pineapple  
2 tbsp. unsweetened coconut

*Wet ingredients:*

1 cup preferred milk

### 5. Apple Pie

*Dry ingredients:*

½ cup rolled oats  
2 tbsp. vanilla protein powder  
1 tbsp. chia seeds  
¼ tsp. cinnamon  
2 tbsp. chopped dried apple  
1 tbsp. chopped walnuts or pecans

*Wet ingredients:*

1 cup preferred milk

### 6. Cookie Dough

*Dry ingredients:*

½ cup rolled oats  
2 tbsp. vanilla protein powder  
1 tbsp. chia seeds  
2 tbsp. dry peanut powder  
2 tbsp. mini dark chocolate chips

*Wet ingredients:*

1 cup preferred milk

**Directions:** Combine all dry ingredients in mason jars with lids. Pour in one cup of milk, or more if desired, and stir or shake. Allow mixture to soak in fridge for at least 4 hours or overnight. If making these as gifts, layer ingredients in jars, secure chalkboard labels to lids and decorate with ribbon.