

Overnight Oats

Keep these ingredients in your pantry for a quick fix breakfast or snack option. Make in advance and carry in an insulated lunch bag to work for an early breakfast, recovery snack, or afternoon snack. This is also an easy option for travel, on the sidelines or in a hotel room.

Ingredients:

- ½ cup liquid (milk, almond milk, cashew milk, or coconut milk)
- ½ cup old-fashioned rolled oats
- ½ cup yogurt
- 1 teaspoon chia seeds
- ½ banana, mashed

Directions:

Add milk, oats, yogurt, chia seeds, and banana to a jar or container with a lid and stir thoroughly. Refrigerate overnight or for at least 5 hours.

Prior to enjoying, add one or more of the additional toppings listed.

Consider the following toppings for additional nutrition and calories:

- Fresh or dried fruit
 - Nuts
 - Nut butters (peanut, almond, cashew)
 - Protein powder
 - Granola
 - Dried Coconut
 - Spices (ex: cinnamon)
 - Vanilla extract
- **Add 1-2 hard-boiled eggs on side for additional protein



Photo: <https://www.thekitchn.com/overnight-oats-268370>

Pro Tip:

*This recipe will keep for up to 2 days. Make it in advance to have on hand for busy class and workout schedules.

*Wash used salsa or jam jars and keep on-hand to re-use when making this recipe to avoid having to purchase new containers.

*Experiment with different toppings to get new flavors and variation.

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