



Dose  of Nutrition

Fall-Themed Overnight Oats: 2 Ways

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Serves 1 Total time: 10 mins. Vegetarian Gluten-free

INGREDIENTS

Base Ingredients:

- 1/2 cup old-fashioned oats
- 1/2 cup milk of choice(I used low-fat dairy milk)
- 1 tbsp. chia seeds
- 2 tbsp. yogurt (I used low-fat plain yogurt)
- 1/2 tsp. vanilla extract
- Drizzle of preferred sweetener like honey, maple syrup(optional- I used monk fruit sweetener)
- 4 cinnamon sticks for decoration, optional

Pumpkin Granola Overnight Oats

Toppings:

- 1 or 2 tbsps. 100% pumpkin puree
- 2 heaping tbsps. of granola
- Sprinkle of semi-sweet mini chocolate chips
- Dust of ground cinnamon

Apple Pecan Overnight Oats

Toppings:

- 1 small apple or 1/2 of a medium apple, chopped
- 1 tbsp. unsweetened nut or seed butter(ex: peanut butter, sunflower seed butter, almond butter)
- 1 tbsp. pecans
- Dust of ground cinnamon

DIRECTIONS

01

Layer all ingredients into a glass jar. I usually do it in this order: oats, milk, vanilla, yogurt, chia seeds, sweetener(optional), and lastly the preferred topping mix.

02

Mix all ingredients in the jar with a spoon and seal the glass jar with a lid. Then let the oats refrigerate overnight.

03

If you want the oats to be a bit more creamier, add some more milk in the morning. You can also add half your toppings at night and half in the morning as well for more texture. Enjoy!

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RECIPE NOTES

- For dairy-free overnight oats, you can use dairy free milk or yogurt options like almond, cashew, soy, coconut varieties.
- If you have a gluten allergy, selecting certified gluten-free oats would be a better option.
- You can store extra servings in an airtight container for up to 4-5 days.

Share your recreations
with me on Instagram-
I'd love to see!
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