



**Nicole Osinga**

**Overnight Oats**

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### Fruits

- 1 1/2 tsps Lemon Juice
- 1 tsp Lemon Zest
- 1 1/2 tbsps Lime Juice
- 1 tsp Lime Zest

### Breakfast

- 1/4 cup Maple Syrup

### Seeds, Nuts & Spices

- 1/2 cup Chia Seeds
- 2 tsps Cinnamon
- 2 tbsps Walnuts

### Frozen

- 1 cup Frozen Cherries
- 1 cup Frozen Peaches

### Boxed & Canned

- 1/4 cup Biscoff Cookie Butter

### Baking

- 1 oz Graham Crackers
- 6 cups Oats
- 1 tbsp Vanilla Extract
- 1/4 cup White Chocolate Chips

### Cold

- 2 cups Soy Milk
- 4 cups Soy Yogurt
- 4 cups Unsweetened Almond Milk

### Other

- 1/4 cup Protein Powder
- 1 cup Vanilla Protein Powder



## Key Lime Pie Overnight Oats

2 servings

5 minutes

### Ingredients

- 1 cup Oats
- 1 tbsp Chia Seeds
- 1 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Lime Juice
- 1 tsp Lime Zest
- 1 tbsp Maple Syrup
- 1 cup Soy Yogurt
- 2 tbsps White Chocolate Chips

### Directions

- 1 Stir together oats, milk, maple syrup, lime juice and lime zest in a large bowl. Divide among two 8-ounce jars.
- 2 Once oats are set (after ~ 1 hour), microwave the white chocolate in a small bowl in 30 second intervals. Mix in with room temperature yogurt. Pour on top of oats and place back in the fridge to set overnight. In the morning, top with graham cracker crumbs and lime wedges (optional!)

### Nutrition

Amount per serving	
Calories	393
Fat	12g
Carbs	54g
Fiber	7g
Sugar	16g
Protein	20g
Cholesterol	2mg
Sodium	104mg
Vitamin A	256IU
Vitamin C	5mg
Calcium	355mg
Iron	3mg



## Peaches and Cream Overnight Oats

2 servings

5 minutes

### Ingredients

1 cup Unsweetened Almond Milk  
1 tbsp Maple Syrup  
1 tsp Vanilla Extract  
1 cup Frozen Peaches  
1 cup Oats  
1 tbsp Chia Seeds  
1 cup Soy Yogurt  
1/4 cup Vanilla Protein Powder

### Directions

- 1 Blend the milk, maple syrup, vanilla and peaches in a high speed blender. Mix with the oats, chia seeds, yogurt and protein powder. Divide among two 8-ounce jars. Once thickened, top with additional peaches.

### Nutrition

Amount per serving	
Calories	346
Fat	8g
Carbs	50g
Fiber	8g
Sugar	13g
Protein	21g
Cholesterol	2mg
Sodium	104mg
Vitamin A	501IU
Vitamin C	5mg
Calcium	357mg
Iron	3mg



## Biscoff Cookie Overnight Oats

2 servings

5 minutes

### Ingredients

- 1 cup Oats
- 1 tbsp Chia Seeds
- 1 tsp Cinnamon
- 1/4 cup Vanilla Protein Powder
- 1 cup Unsweetened Almond Milk
- 1/4 cup Biscoff Cookie Butter
- 1 oz Graham Crackers (crumbled)

### Directions

- 1 Stir together oats, milk, cinnamon, protein powder and almond milk in a large bowl. Divide among two 8-ounce jars and let set for one hour.
- 2 Melt Biscoff Spread and pour over prepared oats. Crumble graham cracker cookie around the edges. Then put back in fridge overnight to set.

### Nutrition

Amount per serving	
Calories	477
Fat	23g
Carbs	53g
Fiber	10g
Sugar	9g
Protein	23g
Cholesterol	2mg
Sodium	327mg
Vitamin A	254IU
Vitamin C	0mg
Calcium	416mg
Iron	3mg



## Lemon Cheesecake Overnight Oats

2 servings

5 minutes

### Ingredients

1 cup Oats  
 1 tbsp Chia Seeds  
 1 cup Unsweetened Almond Milk  
 1/4 cup Vanilla Protein Powder  
 1 1/2 tsps Lemon Juice  
 1 tsp Lemon Zest  
 1 tbsp Maple Syrup  
 1 cup Soy Yogurt  
 2 tbsps White Chocolate Chips

### Directions

- 1 Stir together oats, milk, maple syrup, lemon juice and lemon zest in a large bowl. Divide among two 8-ounce jars.
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- 2 Once oats are set (after ~ 1 hour), microwave the white chocolate in a small bowl in 30 second intervals. Mix in with room temperature yogurt. Pour on top of oats and place back in the fridge to set overnight. In the morning, top with graham cracker crumbs and lemon wedges (optional!)

### Nutrition

Amount per serving	
Calories	391
Fat	12g
Carbs	53g
Fiber	7g
Sugar	16g
Protein	20g
Cholesterol	2mg
Sodium	104mg
Vitamin A	250IU
Vitamin C	3mg
Calcium	354mg
Iron	3mg



## Cherry Walnut Blended Oats

2 servings

5 minutes

### Ingredients

1 cup Oats  
2 tbsps Chia Seeds  
1 tsp Vanilla Extract  
1 cup Soy Milk  
1/4 cup Protein Powder  
1 cup Frozen Cherries  
2 tbsps Walnuts

### Directions

- 1 Blend the oats, vanilla and frozen cherries in a high speed blender until smooth. Divide among two 8-ounce jars. Top with walnuts and a few more cherries if desired. Screw on lids and refrigerate overnight or for up to five days.

### Nutrition

Amount per serving	
Calories	396
Fat	14g
Carbs	49g
Fiber	10g
Sugar	12g
Protein	22g
Cholesterol	2mg
Sodium	81mg
Vitamin A	674IU
Vitamin C	1mg
Calcium	322mg
Iron	4mg



## Cinnamon Roll Overnight Oats

2 servings

5 minutes

### Ingredients

- 1 cup Oats
- 1 cup Soy Milk
- 2 tbsps Chia Seeds
- 1 tbs Maple Syrup
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1 cup Soy Yogurt

### Directions

- 1 Stir together oats, milk, maple syrup, vanilla and cinnamon in a large bowl. Divide among two 8-ounce jars. Layer yogurt in. Screw on lids and refrigerate overnight or for up to five days.

### Nutrition

Amount per serving	
Calories	343
Fat	10g
Carbs	51g
Fiber	9g
Sugar	11g
Protein	14g
Cholesterol	0mg
Sodium	63mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	271mg
Iron	3mg