



## Fall Overnight Oats

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### Fruits

- 2 Apple
- 1 1/2 Banana

### Breakfast

- 1 tbsp Almond Butter
- 2 2/3 tbsps Maple Syrup

### Seeds, Nuts & Spices

- 1/2 cup Chia Seeds
- 1 1/3 tbsps Cinnamon
- 1 tbsp Pumpkin Seeds

### Boxed & Canned

- 1 tbsp Biscoff Cookie Butter

### Baking

- 3 1/2 cups Oats
- 1 tsp Pumpkin Pie Spice
- 1/3 cup Pureed Pumpkin
- 1 1/8 tbsps Vanilla Extract
- 1/3 cup White Chocolate Chips

### Cold

- 3 1/2 cups Soy Milk
- 2 1/3 cups Soy Yogurt

### Other

- 1 cup Vanilla Protein Powder



## Nutty Apple Banana Overnight Oats

1 serving  
4 hours 10 minutes

### Ingredients

1/2 cup Oats  
2 tbsps Vanilla Protein Powder  
1 tbsp Chia Seeds  
1/2 cup Soy Milk  
1 tsp Maple Syrup  
1/2 tsp Vanilla Extract  
1/3 cup Soy Yogurt  
1 Apple (diced)  
1 tsp Cinnamon  
1/2 Banana (sliced)  
1 tbsp Almond Butter

### Directions

- 1 Add oats, chia seeds, vanilla protein powder, soy milk, maple syrup and vanilla extract to a bowl or jar. Stir well and refrigerate.
- 2 Spray a pan with avocado oil and add diced apple to the pan, over medium heat. Add cinnamon. Sauté until the apples are slightly browned, 5-7 minutes.
- 3 Remove oats from refrigerator and pour the yogurt mix on top. Layer in apples and bananas. Drizzle with nut butter. Put back in fridge for 4 hours minimum, or overnight to set.

### Nutrition

Amount per serving	
Calories	611
Fat	19g
Carbs	91g
Fiber	18g
Sugar	36g
Protein	27g
Cholesterol	2mg
Sodium	85mg
Vitamin A	144IU
Vitamin C	14mg
Calcium	407mg
Iron	4mg



## Pumpkin Biscoff Overnight Oats

1 serving  
4 hours 10 minutes

### Ingredients

- 1/2 cup Oats
- 2 tbsps Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1/2 tsp Pumpkin Pie Spice
- 3 tbsps Pureed Pumpkin
- 1/2 cup Soy Milk
- 1 tsp Maple Syrup
- 1/2 tsp Vanilla Extract
- 1 tbsp Biscoff Cookie Butter
- 1 tbsp Pumpkin Seeds

### Directions

- 1 Add oats, chia seeds, pumpkin pie spice, vanilla protein powder, pumpkin puree, soy milk, maple syrup and vanilla extract to a bowl or jar. Stir well and refrigerate.
- 2 Top with melted cooked dough butter and pumpkin seeds. Enjoy!

### Nutrition

Amount per serving	
Calories	482
Fat	20g
Carbs	54g
Fiber	12g
Sugar	13g
Protein	26g
Cholesterol	2mg
Sodium	152mg
Vitamin A	7153IU
Vitamin C	2mg
Calcium	333mg
Iron	5mg



## Banana Cream Pie Overnight Oats

1 serving  
4 hours 10 minutes

### Ingredients

- 1/2 cup Oats
- 2 tbsps Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1/2 cup Soy Milk
- 1 tsp Maple Syrup
- 1/2 tsp Vanilla Extract
- 2 tbsps White Chocolate Chips
- 1/3 cup Soy Yogurt
- 1 Banana (sliced)
- 1 tsp Cinnamon

### Directions

- 1 Add oats, chia seeds, vanilla protein powder, soy milk, maple syrup and vanilla extract to a bowl or jar. Stir well and refrigerate.
- 2 Microwave white chocolate in 30 second intervals. Mix in with yogurt. I used a wire whisk to get rid of lumps.
- 3 Remove oats from refrigerator and pour the yogurt mix otop. Layer in sliced banana. Put back in fridge for 4 hours minimum, or overnight to set.
- 4 Grab and go!

### Nutrition

Amount per serving	
Calories	630
Fat	19g
Carbs	96g
Fiber	13g
Sugar	42g
Protein	24g
Cholesterol	2mg
Sodium	83mg
Vitamin A	83IU
Vitamin C	10mg
Calcium	344mg
Iron	4mg



## Apple Cheesecake Overnight Oats

1 serving  
4 hours 10 minutes

### Ingredients

1/2 cup Oats  
2 tbsps Vanilla Protein Powder  
1 tbsp Chia Seeds  
1/2 cup Soy Milk  
1 tsp Maple Syrup  
1/2 tsp Vanilla Extract  
2 tbsps White Chocolate Chips  
1/3 cup Soy Yogurt  
1 Apple (diced)  
1 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	620
Fat	19g
Carbs	94g
Fiber	14g
Sugar	46g
Protein	23g
Cholesterol	2mg
Sodium	83mg
Vitamin A	106IU
Vitamin C	8mg
Calcium	349mg
Iron	4mg

### Directions

- 1 Add oats, chia seeds, vanilla protein powder, soy milk, maple syrup and vanilla extract to a bowl or jar. Stir well and refrigerate.
- 2 Spray a pan with avocado oil and add diced apple to the pan, over medium heat. Add cinnamon. Sautee until the apples are slightly browned, 5-7 minutes.
- 3 Microwave white chocolate in 30 second intervals. Mix in with yogurt. I used a wire whisk to get rid of lumps.
- 4 Remove oats from refrigerator and pour the yogurt mix otop. Put back in fridge for 4 hours minimum, or overnight to set.
- 5 In the morning top with graham crumbs and nuts (optional). Grab and go!



## Pumpkin Cheesecake Overnight Oats

1 serving  
4 hours 10 minutes

### Ingredients

- 1/2 cup Oats
- 2 tbsps Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1/2 tsp Pumpkin Pie Spice
- 3 tbsps Pureed Pumpkin
- 1/2 cup Soy Milk
- 1 tsp Maple Syrup
- 1/2 tsp Vanilla Extract
- 2 tbsps White Chocolate Chips
- 1/3 cup Soy Yogurt

### Directions

- 1 Add oats, chia seeds, pumpkin pie spice, vanilla protein powder, pumpkin puree, soy milk, maple syrup and vanilla extract to a bowl or jar. Stir well and refrigerate.
- 2 Microwave white chocolate in 30 second intervals. Mix in with yogurt. I used a wire whisk to get rid of lumps.
- 3 Remove oats from refrigerator and pour the yogurt mix otop. Put back in fridge for 4 hours minimum, or overnight to set.
- 4 In the morning top with graham crumbs and nuts (optional). Grab and go!

### Nutrition

Amount per serving	
Calories	537
Fat	19g
Carbs	72g
Fiber	10g
Sugar	29g
Protein	23g
Cholesterol	2mg
Sodium	84mg
Vitamin A	7151IU
Vitamin C	2mg
Calcium	329mg
Iron	4mg



## Cinnamon Roll Overnight Oats

2 servings

5 minutes

### Ingredients

- 1 cup Oats
- 1 cup Soy Milk
- 2 tbsps Chia Seeds
- 1 tbsps Maple Syrup
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1 cup Soy Yogurt
- 1/4 cup Vanilla Protein Powder

### 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	386
Fat	10g
Carbs	52g
Fiber	9g
Sugar	11g
Protein	24g
Cholesterol	2mg
Sodium	82mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	328mg
Iron	3mg