



## Date Sweetened Overnight Oats

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### Fruits

- 1/2 Apple
- 1/2 Banana
- 8 units Mighty Medjool Mabroom Dates
- 1 unit Mighty Medjool Medjool Dates
- 2 units Mighty Medjool Sagai Dates
- 12 units Mighty Medjool Sukkari Gaf Dates

### Seeds, Nuts & Spices

- 1/3 cup Chia Seeds
- 1 tsp Cinnamon
- 1 tbsp Pistachio Cream
- 1 tbsp Pistachios
- 1 tbsp Sunflower Seeds

### Baking

- 1 1/2 tbsps Cocoa Powder
- 3 tbsps Dark Chocolate Chips
- 3 cups Oats
- 1 1/2 tsps Vanilla Extract

### Cold

- 3 cups Soy Milk
- 1 3/4 cups Soy Yogurt
- 3/4 cup Unsweetened Almond Milk

### Other

- 3/4 cup Vanilla Protein Powder



## Caramel 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  
1/3 cup Soy Yogurt  
2 units Mighty Medjool Mabroom Dates  
1/2 Banana (sliced)  
4 units Mighty Medjool Sukkari Gaf Dates  
1/2 tsp Vanilla Extract  
1/4 cup Unsweetened Almond Milk

### Directions

- 1 Add oats, chia seeds, vanilla protein powder and soy milk to a bowl or jar. Stir well and refrigerate for two hours or overnight.
- 2 Blend the yogurt with half a banana and half of the Mighty Medjool Mabroom Dates in a high speed blender. Place aside.
- 3 To make the date caramel sauce, blend together the Mighty Medjool Sukkari Gaf Dates, vanilla extract and almond milk.
- 4 Remove oats from refrigerator and pour the yogurt mix otop. Layer on the date caramel sauce, rest of the banana and chopped Mighty Medjool Mabroom Dates. Put back in fridge for 4 hours minimum, or overnight to set.

### Nutrition

Amount per serving	
Calories	539
Fat	10g
Carbs	149g
Fiber	11g
Sugar	42g
Protein	23g
Cholesterol	2mg
Sodium	121mg
Vitamin A	163IU
Vitamin C	5mg
Calcium	421mg
Iron	4mg



## Salted Caramel 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
- 1/3 cup Soy Yogurt
- 8 units Mighty Medjool Sukkari Gaf Dates
- 1 tsp Vanilla Extract
- 1/2 cup Unsweetened Almond Milk

### Directions

- 1 Add oats, chia seeds, vanilla protein powder and soy milk to a bowl or jar. Stir well and refrigerate for two hours or overnight.
- 2 To make the date caramel sauce, blend together the Mighty Medjool Sukkari Gaf Dates, vanilla extract and almond milk.
- 3 Add a 1/2 of the date caramel sauce in the bottom of the jar. Remove oats from refrigerator and pour into the same jar and add the yogurt mix overtop. Layer the rest of the date caramel sauce on top. Put back in fridge for 4 hours minimum, or overnight to set.

### Nutrition

Amount per serving	
Calories	546
Fat	11g
Carbs	228g
Fiber	25g
Sugar	45g
Protein	23g
Cholesterol	2mg
Sodium	161mg
Vitamin A	250IU
Vitamin C	0mg
Calcium	531mg
Iron	3mg



## Layered Chocolate Overnight Oats

1 serving  
4 hours 10 minutes

### Ingredients

2 units Mighty Medjool Mabroom Dates  
1 1/2 tsps Cocoa Powder  
1/2 cup Soy Milk  
1/2 cup Oats  
2 tbsps Vanilla Protein Powder  
1 tbsp Chia Seeds  
1/3 cup Soy Yogurt

### Directions

- 1 Blend the milk with the cocoa powder and dates in a high speed blender.
- 2 Add oats, chia seeds and vanilla protein powder to the chocolate soy milk mixture to a bowl or jar. Stir well and refrigerate for two hours or overnight.
- 3 Layer the oats with the yogurt in a mason jar. Top with cocoa powder. Enjoy!

### Nutrition

Amount per serving	
Calories	387
Fat	10g
Carbs	44g
Fiber	11g
Sugar	15g
Protein	23g
Cholesterol	2mg
Sodium	81mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	308mg
Iron	4mg



## Cookie Dough Overnight Oats

1 serving  
4 hours 10 minutes

### Ingredients

2 units Mighty Medjool Mabroom Dates  
1 1/2 tsps Cocoa Powder  
1/2 cup Soy Milk  
1/2 cup Oats  
2 tbsps Vanilla Protein Powder  
1 tbsp Chia Seeds  
1 tbsp Dark Chocolate Chips  
1/3 cup Soy Yogurt  
1 unit Mighty Medjool Medjool Dates

### Directions

- 1 Blend the milk with the cocoa powder, Mighty Medjool Mabroom Dates, oats, chia seeds and protein powder in a high speed blender. Transfer to a bowl and mix in most of the chocolate chips.
- 2 Layer the oats with the yogurt in a mason jar. Top with the remaining chocolate chips and chopped Mighty Medjool Medjool Dates. Enjoy!

### Nutrition

Amount per serving	
Calories	500
Fat	15g
Carbs	75g
Fiber	11g
Sugar	27g
Protein	24g
Cholesterol	2mg
Sodium	81mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	308mg
Iron	4mg



## Dubai Chocolate Overnight Oats

1 serving  
4 hours 10 minutes

### Ingredients

2 units Mighty Medjool Mabroom Dates  
1 1/2 tsps Cocoa Powder  
1/2 cup Soy Milk  
1/2 cup Oats  
2 tsps Vanilla Protein Powder  
1 tbsp Chia Seeds  
1 tbsp Pistachio Cream  
2 tsps Dark Chocolate Chips  
1 tbsp Pistachios (chopped)

### Directions

- 1 Blend the milk with the cocoa powder and dates in a high speed blender.
- 2 Add oats, chia seeds and vanilla protein powder to the chocolate soy milk mixture to a bowl or jar. Stir well and refrigerate for two hours or overnight.
- 3 Add half of the oats into the mason jar or container and layer in pistachio cream. Add in the other half of the oats. Melt the chocolate on top of the oats and sprinkle on the chopped pistachios.

### Nutrition

Amount per serving	
Calories	676
Fat	28g
Carbs	69g
Fiber	12g
Sugar	39g
Protein	26g
Cholesterol	2mg
Sodium	115mg
Vitamin A	40IU
Vitamin C	0mg
Calcium	346mg
Iron	6mg



## Apple Granola 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
- 1/2 cup Soy Yogurt
- 1/2 Apple (chopped)
- 1 tsp Cinnamon
- 2 units Mighty Medjool Sagai Dates (chopped)
- 1 tbsp Sunflower Seeds

### Directions

- 1 Add oats, chia seeds, vanilla protein powder and soy milk to a bowl or jar. Stir well and refrigerate for two hours or overnight.
- 2 Mix the chopped apples with the cinnamon. Place in a bowl in the microwave for 2-3 minutes, until the apples are softened.
- 3 Layer the oats with the apples, followed by the yogurt. Finish the oats with the rest of the chopped apples, along with sunflower seeds and the chopped dates. Enjoy!

### Nutrition

Amount per serving	
Calories	497
Fat	14g
Carbs	61g
Fiber	14g
Sugar	25g
Protein	25g
Cholesterol	2mg
Sodium	82mg
Vitamin A	58IU
Vitamin C	4mg
Calcium	342mg
Iron	4mg