



Valentine's Day Overnight Oats



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Fruits

- ☐ 1 cup Raspberries

Breakfast

- ☐ 1/2 cup Granola
☐ 1/2 cup Maple Syrup
☐ 2 tbsps Peanut Butter
☐ 2 tbsps Raspberry Jam

Seeds, Nuts & Spices

- ☐ 3/4 cup Chia Seeds

Frozen

- ☐ 3 1/2 cups Frozen Cherries
☐ 3 1/2 cups Frozen Raspberries

Vegetables

- ☐ 1 Beet

Boxed & Canned

- ☐ 5 cups One Degree Organics Sprouted Oats

Baking

- ☐ 2 tbsps Cocoa Powder
☐ 2 tbsps Dark Chocolate Chips
☐ 1 cup Oats
☐ 1 1/3 tbsps Vanilla Extract
☐ 2 tbsps White Chocolate Chips

Cold

- ☐ 5 cups Soy Milk
☐ 1 cup Unsweetened Almond Milk
☐ 6 1/4 cups Unsweetened Coconut Yogurt

Other

- ☐ 3 cups Vanilla Protein Powder



Chocolate Shell Raspberry Overnight Oats

2 servings
8 hours 20 minutes

Ingredients

1 cup One Degree Organics Sprouted Oats (rolled)
1/2 cup Vanilla Protein Powder
2 tbsps Chia Seeds
1 cup Unsweetened Coconut Yogurt
1 cup Soy Milk
1 tsp Vanilla Extract
2 tbsps Maple Syrup
2 cups Frozen Raspberries (Thawed)
2 tbsps Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	553
Fat	17g
Carbs	71g
Fiber	15g
Sugar	34g
Protein	30g
Cholesterol	4mg
Sodium	131mg
Vitamin A	104IU
Vitamin C	25mg
Calcium	655mg
Iron	4mg

Directions

- 1 Add the oats, protein powder, chia seeds, yogurt, milk, vanilla, maple syrup and half of the raspberries into a blender. Blend until smooth.
- 2 Divide the remaining raspberries between containers, then pour the oats on top of the raspberries. Head up the chocolate and pour on top of the oats. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1 3/4 cups.

Make it Vegan: Use vegan cream cheese, yogurt, and milk.

No Protein Powder: Omit the protein powder and reduce the milk slightly.



Layered Red Velvet Overnight Oats

2 servings

10 minutes

Ingredients

1 cup One Degree Organics Sprouted Oats
1 Beet (cooked)
1 cup Frozen Cherries
1 cup Soy Milk
2 cups Unsweetened Coconut Yogurt
1 tbsp Maple Syrup
1/2 cup Vanilla Protein Powder
2 tbsps Chia Seeds

Directions

- 1 Add all the ingredients, except half of the yogurt, into a blender and blend until smooth.
- 2 Layer in yogurt with the blended oats. Let the oatmeal sit overnight and the next morning serve with desired toppings.

Nutrition

Amount per serving	
Calories	461
Fat	15g
Carbs	57g
Fiber	12g
Sugar	21g
Protein	29g
Cholesterol	4mg
Sodium	182mg
Vitamin A	688IU
Vitamin C	3mg
Calcium	877mg
Iron	4mg



Cherry Cheesecake Overnight Oats

2 servings
8 hours 20 minutes

Ingredients

1 cup One Degree Organics Sprouted Oats (rolled)
1/2 cup Vanilla Protein Powder
2 tbsps Chia Seeds
1 cup Unsweetened Coconut Yogurt
1 cup Soy Milk
1 tsp Vanilla Extract
2 tbsps Maple Syrup
1/2 cup Granola
1 1/2 cups Frozen Cherries (Thawed)

Nutrition

Amount per serving	
Calories	587
Fat	19g
Carbs	75g
Fiber	13g
Sugar	34g
Protein	33g
Cholesterol	4mg
Sodium	134mg
Vitamin A	1017IU
Vitamin C	2mg
Calcium	660mg
Iron	5mg

Directions

- 1 Add the oats, protein powder, chia seeds, yogurt, milk, vanilla, maple syrup and half of the cherries into a blender. Blend until smooth.
- 2 Divide the granola between containers, then pour the oats on top of the granola. Top with the thawed cherries.

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1 3/4 cups.

Make it Vegan: Use vegan cream cheese, yogurt, and milk.

No Protein Powder: Omit the protein powder and reduce the milk slightly.



PB&J Overnight Oats

2 servings

10 minutes

Ingredients

1 cup One Degree Organics Sprouted Oats
1 cup Soy Milk
1 cup Unsweetened Coconut Yogurt
2 tbsps Maple Syrup
1/2 cup Vanilla Protein Powder
2 tbsps Chia Seeds
2 tbsps Peanut Butter (divided)
2 tbsps Raspberry Jam (divided)
1 cup Raspberries

Nutrition

Amount per serving	
Calories	440
Fat	11g
Carbs	60g
Fiber	13g
Sugar	27g
Protein	28g
Cholesterol	4mg
Sodium	126mg
Vitamin A	20IU
Vitamin C	17mg
Calcium	636mg
Iron	3mg

Directions

- 1 In a large bowl mix the oats, milk, chia seeds, and maple syrup until well combined. To the bowl, add half of the peanut butter and half of raspberry jam. Mix well.
- 2 Cover the bowl and set in the fridge for 8 hours.
- 3 Mix together the yogurt and protein powder.
- 4 When ready to serve, or to prep to-go containers, divide the remaining peanut butter and raspberry jam into the mason jars. Brush the pb+j up the sides of the glass. Evenly distribute the overnight oats into the mason jars and top with the protein yogurt.
- 5 Cover and store in the fridge for up to 5 days.



Raspberry White Chocolate Overnight Oats

2 servings
 8 hours 20 minutes

Ingredients

1 cup Oats (rolled)
 1/2 cup Vanilla Protein Powder
 2 tbsps Chia Seeds
 1/4 cup Unsweetened Coconut Yogurt
 1 cup Unsweetened Almond Milk
 1 tsp Vanilla Extract
 1 tbsp Maple Syrup
 2 tbsps White Chocolate Chips
 1 1/2 cups Frozen Raspberries (Thawed)

Nutrition

Amount per serving	
Calories	494
Fat	14g
Carbs	66g
Fiber	14g
Sugar	23g
Protein	28g
Cholesterol	4mg
Sodium	134mg
Vitamin A	327IU
Vitamin C	18mg
Calcium	535mg
Iron	4mg

Directions

- 1 Add the oats, protein powder, chia seeds, yogurt, milk, vanilla, and maple syrup to a large container. Stir well to combine.
- 2 Divide the oats between four containers.
- 3 Melt white chocolate in the microwave. Pour it over the slightly set overnight oats, and tilt the glass or mason jar around to make sure that the white chocolate is covering the top of your oatmeal fully. Place in the fridge for 8 hours. Serve with extra raspberries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1 3/4 cups.

Make it Vegan: Use vegan cream cheese, yogurt, and milk.

No Protein Powder: Omit the protein powder and reduce the milk slightly.



Black Forest Cake Overnight Oats

2 servings

10 minutes

Ingredients

- 1 cup One Degree Organics Sprouted Oats
- 1 cup Unsweetened Coconut Yogurt
- 1 cup Soy Milk
- 1 tbsp Maple Syrup
- 2 tbsps Cocoa Powder
- 1 tsp Vanilla Extract
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1 cup Frozen Cherries

Directions

- 1 Add all the ingredients, except cherries, into a bowl and combine. Add to a jar and layer in frozen cherries. Enjoy!

Nutrition

Amount per serving	
Calories	406
Fat	12g
Carbs	51g
Fiber	12g
Sugar	19g
Protein	29g
Cholesterol	4mg
Sodium	126mg
Vitamin A	674IU
Vitamin C	1mg
Calcium	628mg
Iron	4mg