



Spring Overnight Oats

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Fruits

- 1/4 Lemon
- 2 tsps Lemon Zest

Breakfast

- 1 tsp Green Tea Powder

Seeds, Nuts & Spices

- 1/2 cup Chia Seeds
- 2 tbsps Pistachio Cream
- 1 tbsp Poppy Seeds

Frozen

- 1 1/4 cups Frozen Blueberries
- 1 cup Frozen Raspberries
- 1 cup Frozen Strawberries

Vegetables

- 1 cup Rhubarb

Baking

- 1 2/3 tbsps Nelsen-Massey Vanilla Bean Paste
- 5 cups Oats

Cold

- 5 cups Soy Milk
- 5 cups Soy Yogurt

Other

- 1 1/4 cups Vanilla Protein Powder



Strawberry Rhubarb Overnight Oats

2 servings

5 minutes

Ingredients

- 1 cup Soy Milk
- 1 tsp Nelsen-Massey Vanilla Bean Paste
- 1 cup Frozen Strawberries (thawed)
- 1 cup Rhubarb (frozen, thawed)
- 1 cup Oats
- 1 tbsp Chia Seeds
- 1 cup Soy Yogurt
- 1/4 cup Vanilla Protein Powder

Directions

- 1 Mix all of the ingredients together in a bowl, except for the strawberries and rhubarb. Add half of the strawberries and rhubarb into the bottom of the two containers. Pour the oat mixture on top and top with the rest of the strawberry and rhubarb mixture.

Nutrition

Amount per serving	
Calories	379
Fat	9g
Carbs	55g
Fiber	10g
Sugar	11g
Protein	23g
Cholesterol	2mg
Sodium	84mg
Vitamin A	112IU
Vitamin C	50mg
Calcium	337mg
Iron	4mg



Blueberry Lemon Overnight Oats

2 servings

5 minutes

Ingredients

- 1 cup Soy Milk
- 1 tsp Nelsen-Massey Vanilla Bean Paste
- 1 cup Frozen Blueberries (thawed)
- 1 tsp Lemon Zest
- 1 cup Oats
- 2 tbsps Chia Seeds
- 1 cup Soy Yogurt
- 1/4 cup Vanilla Protein Powder

Directions

1

Mix all of the ingredients together in a bowl, except for the blueberries. Add half of the blueberries into the bottom of the two containers. Pour the oat mixture on top and top with the rest of the blueberries.

Nutrition

Amount per serving	
Calories	396
Fat	11g
Carbs	54g
Fiber	11g
Sugar	12g
Protein	24g
Cholesterol	2mg
Sodium	81mg
Vitamin A	36IU
Vitamin C	3mg
Calcium	312mg
Iron	3mg



Lemon Poppyseed Overnight Oats

2 servings

5 minutes

Ingredients

- 1 cup Soy Milk
- 1 tsp Nelsen-Massey Vanilla Bean Paste
- 1/4 Lemon
- 1 tsp Lemon Zest
- 1 cup Oats
- 2 tbsps Chia Seeds
- 1 tbsp Poppy Seeds
- 1 cup Soy Yogurt
- 1/4 cup Vanilla Protein Powder

Directions

- 1 Mix all of the ingredients together in a bowl, except for the yogurt and lemon slices. Add the yogurt into the bottom of the two containers. Pour the oat mixture on top and top with the lemon.

Nutrition

Amount per serving	
Calories	383
Fat	12g
Carbs	46g
Fiber	10g
Sugar	5g
Protein	25g
Cholesterol	2mg
Sodium	81mg
Vitamin A	1IU
Vitamin C	4mg
Calcium	365mg
Iron	4mg



Matcha Overnight Oats

2 servings

5 minutes

Ingredients

- 1 cup Soy Milk
- 1 tsp Nelsen-Massey Vanilla Bean Paste
- 1 cup Oats
- 2 tbsps Chia Seeds
- 1 tsp Green Tea Powder
- 1 cup Soy Yogurt
- 1/4 cup Frozen Blueberries (thawed)
- 1/4 cup Vanilla Protein Powder

Directions

- 1 Mix all of the ingredients together in a bowl, except for the yogurt and blueberries. Add the oat mixture into the bottom of the two containers. Pour the yogurt on top and top with the blueberries.

Nutrition

Amount per serving	
Calories	366
Fat	10g
Carbs	47g
Fiber	9g
Sugar	7g
Protein	24g
Cholesterol	2mg
Sodium	81mg
Vitamin A	9IU
Vitamin C	0mg
Calcium	311mg
Iron	3mg



Raspberry Pistachio Overnight Oats

2 servings

5 minutes

Ingredients

- 1 cup Soy Milk
- 1 tsp Nelsen-Massey Vanilla Bean Paste
- 1 cup Oats
- 2 tbsps Chia Seeds
- 2 tbsps Pistachio Cream (melted)
- 1 cup Frozen Raspberries (thawed)
- 1 cup Soy Yogurt
- 1/4 cup Vanilla Protein Powder

Directions

- 1 Mix all of the ingredients together in a bowl, except for the yogurt, raspberries and half of the pistachio cream. Add the oat mixture into the bottom of the two containers. Pour the yogurt on top and top with the raspberries and the rest of the pistachio cream.

Nutrition

Amount per serving	
Calories	491
Fat	17g
Carbs	63g
Fiber	12g
Sugar	19g
Protein	26g
Cholesterol	2mg
Sodium	118mg
Vitamin A	52IU
Vitamin C	12mg
Calcium	352mg
Iron	5mg