



12 Best Overnight Oats Part 1

Fruits

- ☐ 1 1/2 Apple
- ☐ 1/2 Banana
- ☐ 2 units Mighty Medjool Mabroom Dates
- ☐ 1 cup Raspberries

Breakfast

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

Seeds, Nuts & Spices

- ☐ 1 1/16 cups Chia Seeds
- ☐ 1 tbsp Cinnamon
- ☐ 1 tbsp Pistachio Cream
- ☐ 1 tbsp Pistachios
- ☐ 1 tbsp Pumpkin Seeds
- ☐ 1 tbsp Sunflower Seeds

Frozen

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

Boxed & Canned

- ☐ 1 tbsp Biscoff Cookie Butter
- ☐ 4 cups One Degree Organics Sprouted Oats

Baking

- ☐ 3 1/2 tbsps Cocoa Powder
- ☐ 1/3 cup Dark Chocolate Chips
- ☐ 4 1/2 cups Oats
- ☐ 7 units Pitted Dates
- ☐ 1 tsp Pumpkin Pie Spice
- ☐ 1/3 cup Pureed Pumpkin
- ☐ 1 3/4 tbsps Vanilla Extract
- ☐ 2 tbsps White Chocolate Chips

Cold

- ☐ 8 1/2 cups Soy Milk
- ☐ 2 3/4 cups Soy Yogurt
- ☐ 4 cups Unsweetened Coconut Yogurt

Other

- ☐ 3 1/8 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.



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.



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



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



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



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



Layered Chocolate Overnight Oats

1 serving
4 hours 10 minutes

Ingredients

2 units Pitted 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	341
Fat	10g
Carbs	44g
Fiber	10g
Sugar	5g
Protein	23g
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 tsbps Vanilla Protein Powder
1 tbsp Chia Seeds
1 tbsp Pistachio Cream
2 tsbps 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



Cookie Dough Overnight Oats

1 serving
4 hours 10 minutes

Ingredients

2 units Pitted 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 Pitted Dates

Directions

- 1 Blend the milk with the cocoa powder, 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 dates. Enjoy!

Nutrition

Amount per serving	
Calories	431
Fat	15g
Carbs	52g
Fiber	10g
Sugar	12g
Protein	24g
Cholesterol	2mg
Sodium	81mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	308mg
Iron	4mg



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 Pitted 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	451
Fat	14g
Carbs	61g
Fiber	13g
Sugar	15g
Protein	25g
Cholesterol	2mg
Sodium	82mg
Vitamin A	58IU
Vitamin C	4mg
Calcium	342mg
Iron	4mg