

OVERNIGHT OATS RECIPE

KIDS IN NUTRITION

A simple, fun, and healthy recipe for you
and your family to make together!



Ingredients

- 1/2 cup oats
- 1/2 oat milk
- 1/4 cup blueberries
- 1 tablespoon chia seeds
- 1 tablespoon honey or maple syrup (optional)

Directions

- 1 Add the oats and chia seeds in a container or jar. Mix until evenly combined.
- 2 Add milk and sweetener of choice. Mix and add blueberries. Any additional toppings may be added.
- 3 Cover container with lid or plastic wrap. Place in refrigerator overnight. Uncover and enjoy the next day!



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