

3 Easy Overnight Oats Recipes

Prep once on Sunday. Eat breakfast for free the rest of the week.

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THE ONE RATIO FOR EVERY JAR

1 cup rolled oats • 1 cup milk • 1 tbsp chia seeds

3 MAKE-AHEAD FLAVOR COMBOS

Peanut Butter Banana

+ 1 *tbsp* peanut butter, 1/2 banana (sliced, morning of)
Stir peanut butter into warm oats + milk until dissolved.
Chill 8+ hrs. Top with banana before eating.

Cinnamon Apple

+ 1/2 apple (grated), 1/2 *tsp* cinnamon, splash vanilla
Grate apple into jar with oats, milk, chia. Add cinnamon + vanilla, stir, seal. Chill 8+ hrs.

Blueberry Vanilla

+ splash vanilla, handful blueberries (fresh or frozen, morning of)
Stir vanilla into oats + milk + chia. Seal, chill 8+ hrs. Top with blueberries before eating.

One rule for all three:

Keep fruit and nut butter separate until the morning you eat.
Adding them the night before is what makes jars go watery.



SHOPPING LIST (5 JARS)

- 5 cups old fashioned rolled oats
- 5 cups milk (dairy or plant-based)
- 5 *tbsp* chia seeds
- 1 *tbsp* peanut butter
- 1 banana
- 1 apple
- Ground cinnamon
- Vanilla extract
- 1 handful blueberries (fresh or frozen)

STORAGE RULES

- Plain base (oats + milk + chia): 4 to 5 days in an airtight container.
- Add fresh fruit before storing: 2 to 3 days, since fruit releases moisture.
- Best habit: store toppings separately, add fresh each morning.
- Separation in yogurt-free jars is normal. A quick stir fixes it.

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