

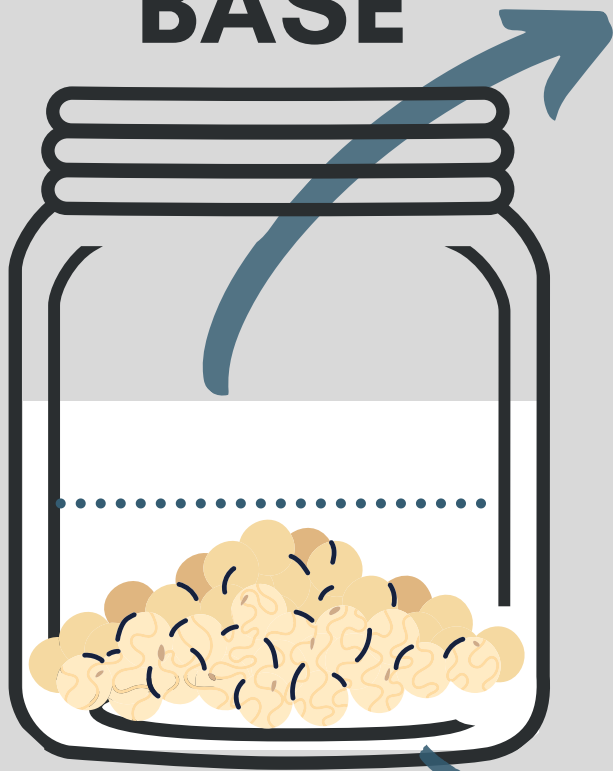
# OVERNIGHT OATS GUIDE

## FOR NOURISHING BREAKFASTS

### WHY USE OVERNIGHT OATS?

DO YOU STRUGGLE TO PUT TOGETHER A NOURISHING BREAKFAST? BETWEEN BUSY SCHEDULES AND GETTING ENOUGH SLEEP, IT CAN FEEL IMPOSSIBLE TO FIT IN A QUALITY BREAKFAST. OVERNIGHT OATS ARE YOUR SOLUTION. OVERNIGHT OATS ARE A QUICK, CUSTOMIZABLE AND EVEN TRANSPORTABLE HEALTHY BREAKFAST FOR ANYONE'S BUSY SCHEDULE.

### THE BASE



### MILK

THE PERFECT NUTRITIONAL POWERHOUSE TO SOAK THE OATS AND ACHIEVE A DELICIOUS TEXTURE! THIS CHOICE IS EASILY CUSTOMIZABLE TO FIT YOUR PREFERENCES AND NEEDS. FROM WHOLE TO LACTOSE FREE, MILK CONTAINS HIGH-QUALITY PROTEIN AND A VARIETY OF NUTRIENTS LIKE CALCIUM, VITAMIN D, VITAMIN A, PHOSPHORUS AND B VITAMINS.

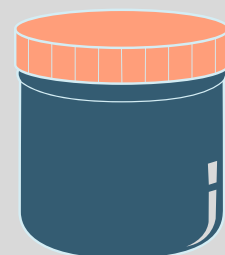
### OATS

OATS PACK A LOT OF NUTRITION AS THEY ARE A WHOLE GRAIN, HIGH IN FIBER AND LOW IN CHOLESTEROL. OATS CONTAIN B-VITAMINS, IRON, AND EVEN HAVE SOME PROTEIN. THIS IS AN EXCELLENT CARBOHYDRATE SOURCE TO START YOUR DAY OFF RIGHT.

### THE VESSEL



### NUT BUTTER JARS



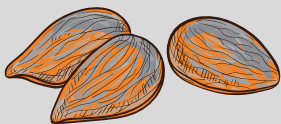
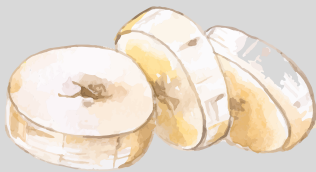
ANY  
SEALABLE  
CONTAINER

@FLEXIBLENUTRITIONLLC

# TOPPING IDEAS FOR YOUR OATS

YOU'LL WANT TO ADD AT LEAST ONE FROM EACH CATEGORY.

## TEXTURE



SLICED BANANA OR APPLE  
BERRIES OR DRIED FRUIT  
SMOOTH OR CRUNCHY NUT BUTTER  
GROUND FLAX SEED  
CHIA SEED  
SUNFLOWER SEEDS  
PEPITAS  
RAW NUTS  
PROTEIN POWDER

## FLAVOR



HONEY  
MAPLE SYRUP  
VANILLA EXTRACT  
COFFEE OR ESPRESSO  
BROWN SUGAR  
CINNAMON  
UNSWEETENED COCOA POWDER  
MATCHA POWDER  
CHOCOLATE CHIPS

## OVERNIGHT OATS: FITS ANY HOUSEHOLD AND SCHEDULE

### ON THE WAY OUT THE DOOR

PREPARE YOUR OVERNIGHT OATS COMBINATION THE NIGHT BEFORE. IT WILL BE READY FOR YOU ON YOUR WAY OUT THE DOOR.

### WORK FROM HOME FUEL

A HEALTHY AND DELICIOUS BREAKFAST TO HAVE FOR THE WORKDAY AHEAD.

### POST-WORKOUT FUEL

ENJOY MORNING WORKOUTS? OVERNIGHT OATS ARE AN EXCELLENT RECOVERY CHOICE AFTER WORKOUT.

### FEEDING THE KIDS

THE FLAVOR AND TEXTURE COMBINATIONS ARE ENDLESS TO FIT MANY KID'S PREFERENCES. PLUS, PUTTING THEIR BREAKFAST IN FUN JARS/CONTAINERS IS SURE TO ENTICE THEM!



## OVERNIGHT OATS: RECIPES

### CHOCOLATEY PEANUT BUTTER

#### INGREDIENTS

- 1/2 CUP OATS
- 2/3 CUP MILK
- 1 TABLESPOON GROUND FLAX SEED
- 1 TABLESPOON PEANUT BUTTER
- 1 TEASPOON UNSWEETENED, COCOA POWDER
- TOP WITH SLICES OF STRAWBERRIES & CHOCOLATE CHIPS (OPTIONAL)

### VANILLA LATTE

#### INGREDIENTS

- 1/2 CUP OATS
- 2/3 CUP MILK
- 1 TEASPOON VANILLA EXTRACT
- 1 TABLESPOON RICHLY BREWED COFFEE OR 1 SHOT OF ESPRESSO
- 1 TABLESPOON GROUND FLAX SEED
- 1/4 CUP VANILLA GREEK YOGURT (OR PLAIN)

### WALNUT BANANA BREAD

#### INGREDIENTS

- 1/2 CUP OATS
- 2/3 CUP MILK
- 1/4 CUP RAW, CHOPPED WALNUTS
- 1 TEASPOON CINNAMON
- PURE MAPLE SYRUP TO TASTE (I RECOMMEND 1 TEASPOON TO 1 TABLESPOON AMOUNT)
- 1 SLICED BANANA

### HONEY & ROASTED ALMOND

#### INGREDIENTS

- 1/2 CUP OATS
- 2/3 CUP MILK
- 1 TABLESPOON ROASTED ALMOND BUTTER
- HONEY TO TASTE (I RECOMMEND 1 TEASPOON TO 1 TABLESPOON AMOUNT)
- 1 DICED APPLE & SPRINKLE OF GRANOLA (OPTIONAL)

# OVERNIGHT OATS: INSTRUCTIONS FOR RECIPES

**SERVES:**

**1**

**PREP TIME:**

**3-5 MINUTES**

**TOTAL TIME:**

**35 MINUTES OR  
OVERNIGHT**

## **INSTRUCTIONS:**

1. GRAB A SEALABLE 16 OUNCE OR LARGER CONTAINER TO COMBINE INGREDIENTS. YOU CAN USE A MULTITUDE OF ITEMS TO BE YOUR OVERNIGHT OATS VESSEL. WIDE-MOURED MASON JAR, THE END OF A JAR OF NUT BUTTER, PLASTIC CONTAINERS - THESE ARE JUST A COUPLE OF EXAMPLES.
2. COMBINE ALL INGREDIENTS IN YOUR VESSEL OF CHOICE. MIX WITH A SPOON TO COMBINE.
3. PLACE IN THE FRIDGE FOR AT LEAST 30 MINUTES OR OVERNIGHT.
4. REMOVE FROM THE FRIDGE, GIVE IT ANOTHER MIX, AND ENJOY!



## **TIPS**

- YOU CAN USE EITHER QUICK COOKING (1 MINUTE) OR OLD-FASHIONED OATS FOR THESE RECIPES. THE DIFFERENCE? TEXTURE.
- PREPARE THE OATS BEFORE YOUR WORKOUT. IF YOUR ACTIVITY IS 30 MINUTES OR MORE, IT'LL BE READY FOR YOU TO GRAB AND EAT FOR A QUICK, NUTRITIOUS RECOVERY OPTION.
- IF TOPPING WITH GRANOLA, I RECOMMEND ADDING THIS RIGHT BEFORE EATING TO KEEP THE CRUNCHY TEXTURE.