

# OVERNIGHT

# oats

Are your mornings busy?  
Skip the drive thru and try out these overnight oats for an EASY way  
to serve up a nutritious breakfast!

**Instructions:** Combine all ingredients into a bowl and then divide into sealable jars. Refrigerate overnight. Eat cold or microwave for one minute. The basic ingredients are listed below. You can add in other ingredients according to your taste preferences. Some of our favorites are listed below!

## BASIC INGREDIENTS



Rolled Oats  
1/2 cup



Milk (any kind)  
1/2 cup



Honey  
1 TBSP

## PERFECT BLENDS

1/4 cup blueberries  
1 TBSP almond butter  
2 TSP chia seeds  
1/2 TSP cinnamon

sliced banana  
1 TBSP peanut butter  
2 TSP chia seeds

Contact us today to schedule a nutrition appointment.  
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