

OVERNIGHT OATS



STUDENT
WELLNESS



A Nutritious and Easy Low-Effort Snack

Overnight oats provides a delicious and nutritious breakfast/ snack option! These recipes crafted with oats, milk, and flavor-enhancing ingredients like cocoa powder and maple syrup for *Brownie Batter*, or mashed ripe banana and cinnamon for *Banana Bread*, these recipes promise a delicious start to your day!

Recipes:

Brownie Batter Overnight Oats

- ½ cup rolled oats
- ½ cup milk of choice
- 1 tbsp cocoa powder
- 1 tbsp maple syrup
- Handful of chocolate chips

Banana Bread Overnight Oats

- ½ cup rolled oats
- ½ cup milk of choice
- 1/2 mashed overly ripe banana
- Pinch of cinnamon
- Splash of vanilla extract
- Optional: chocolate chips or nuts

Reminder

Oats are highly customizable to suit personal taste preferences and dietary needs. Whether you prefer a sweet and salty mix or want to add a touch of chocolate, you can tailor it to your liking.

