



The Roeckells enjoy Banana Chocolate Chip overnight oats.

Jars of Goodness

HOW TO MAKE BASIC OVERNIGHT OATS

IT'S NOT TOO OFTEN that I prepare something and then make it again the very next day. These "jars of goodness" are a hit in my house. Back to school often means breakfast is quick and on the run. Overnight oats packed in individual sized servings are perfect for a healthy take-and-go breakfast.

What are overnight oats? Overnight oats are raw oats that have been soaked overnight in liquid: popular choices include almond milk, hemp milk, coconut milk, or Greek yogurt. The oats absorb the liquid during the night, softening them in the same way cooking softens them, except without the work! Soaking helps the starches break down and reduces the natural phytic acid, which helps your body utilize the oats' nutrients much more efficiently. This may make the oats easier to digest and keep you full longer. Oats are loaded with good-for-you nutrients like fiber, protein, magnesium, potassium, and Omega 3 fatty acids.

My gang has a clear favorite, Banana Chocolate Chip. Not only are they good for breakfast, but it also makes a great afternoon snack. This no-cook, mix it up and your done recipe couldn't be easier. In one bowl add your Old-Fashioned Quaker Oats (if gluten is an issue, use gluten free oats), milk, Greek yogurt, chia seeds for added goodness and a creamy texture, honey, vanilla, chopped bananas, and mini chocolate chips. It's like a delicious, nutritious pudding for breakfast. Desert for breakfast, great concept!!

There are literally 1,000s of ways to enjoy overnight oats. Mix and top it any way you like. Fruits, nuts, nut butters, jam, even shredded carrots, cream cheese, and cinnamon for carrot cake flavored-oats. U



PRO TIP: Any airtight container will do. We like to use glass jars (like these pictured from Crate & Barrel or the classic Ball jelly jar with a canning lid, which come in many sizes). They are sustainable and reusable making this dish even better for everyone.



INGREDIENTS:

- 1/3 cup plain Greek yogurt
- 1/2 cup (heaping) rolled oats
- 2/3 cup unsweetened milk of choice
- 1 tablespoon chia seeds or ground flax meal
- 1/2 teaspoon vanilla extract
- Pinch of salt
- 0-2 tablespoons honey or maple syrup

METHOD:

Stir together all ingredients in a medium-sized mixing bowl. Spoon into a jar with a tight-fitting lid (canning jars work great!) Close and refrigerate for at least four hours, but preferably overnight. Any airtight container will do. We like to use glass jars (like these pictured from Crate & Barrel or the classic Ball jelly jar with a canning lid). They are sustainable and reusable making this dish even better for everyone.

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PHOTO: LINDA M. BARRETT PHOTOGRAPHY

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