

# Overnight Oats Variations

<a href="#">Chia, Banana &amp; Blueberries</a>	<a href="#">Chia, Banana, Blueberries &amp; Almond Butter</a>	<a href="#">High-Protein Apple &amp; Peanut Butter</a>
<a href="#">Chocolate</a>		

## Chia, Banana & Blueberries

Serves 1

### Ingredients:

- Rolled oats – 40g
- Chia seeds – 10g
- Oikos Greek yogurt (plain, unsweetened) – 170g
- 7-11 unsweetened soy milk – 120ml
- Banana – 50g (about ½ medium)
- Blueberries (fresh or frozen) – 70g
- Cinnamon – ¼ tsp (optional)
- Vanilla extract – ¼ tsp (optional)



### Instructions:

1. In a jar or bowl, mix the oats, chia seeds, yogurt, soy milk, blueberries, banana, cinnamon, and salt.
2. Add sweetener if using.
3. Stir until well combined. Cover and refrigerate overnight (or at least 4 hours).
4. In the morning, stir again and top with fresh berries or fruit if desired.

### Nutrition:

Calories: 360 kcal | Protein: 18g | Fat: 12g | Sat. Fat: 2g | Carbs: 43g | Sugars: 14g | Fiber: 9g | Sodium: 150mg

## Chia, Banana, Blueberries & Almond Butter

Serves 1

### Ingredients:

- Rolled oats – 40g
- Chia seeds – 10g
- Oikos Greek yogurt (plain, unsweetened) – 170g
- 7-11 unsweetened soy milk – 120ml
- Banana – 50g
- Blueberries – 70g
- Almond butter (natural, unsweetened) – 1 T (16g)
- Cinnamon – ¼ tsp (optional)
- Vanilla extract – ¼ tsp (optional)



### Nutrition:

Calories: 430 kcal | Protein: 20g | Fat: 21g | Sat. Fat: 3g | Carbs: 46g | Sugars: 15g | Fiber: 10g | Sodium: 160mg

## High-Protein Apple & Peanut Butter

Serves 1

### Ingredients

- 50 g Old-fashioned rolled oats
- 120 ml Unsweetened soy milk (7-11 糖質 75% オフ タイプ)  
(Use chilled; shake well before measuring)
- 85 g (½ C) Oikos nonfat Greek yogurt (plain)
- 15 g (≈ 1 T) Smooth peanut butter
- 8 ml (½ T) maple syrup
- 2.5 ml (½ tsp) Vanilla extract (0.4 g salt + 0.1 g MSG (≈ ½ tsp total) Salt + MSG blend
- 0.25 g (⅛ tsp) Ground cinnamon
- 85 g (about 1 medium) apple (Half mixed in, half diced for topping)
- 5 g (½ T) Chia seeds



### Instructions

1. Core and finely chop half of the **apple** (≈ 42 g) for mixing. Dice the remaining half for topping.
2. In a medium bowl, whisk together **oats**, **soy milk**, **yogurt**, **peanut butter**, **maple syrup**, **vanilla**, **salt + MSG**, **cinnamon**, and **chia seeds** until combined.
3. Stir in the chopped apple. Cover and refrigerate **at least 6–8 hours or overnight** until thickened.
4. Top with diced apple and, if desired, a drizzle (¼ tsp) of peanut butter or extra cinnamon.
5. Refrigerate up to 3 days. Add a spoonful of soy milk before serving if overly thick.

### Nutrition

**One Serving:** Kcal: 425 | Protein: 21g | Fat: 15g | Sat Fat: 2.2g | Carbs: 53g | Sugars: 17g | Fiber: 7.8g | Sodium: 210mg | Omega-3: 1.1g

### Notes

- Chia seeds thicken overnight and add about 1 g omega-3 per serving.
- For softer oats, add 15–20 ml extra soy milk before serving.
- Sprinkle lemon juice over apple pieces to prevent browning.

## Chocolate

Serves 1

### Ingredients

- 40 g old-fashioned rolled oats
- 123 g non-fat plain Greek yogurt (Oikos)
- 120 g 7-11 糖質—75%オフ 調整豆乳
- 5 g unsweetened cocoa powder
- 10 g chia seeds
- 20 g maple syrup or honey
- ½ tsp vanilla extract
- Pinch salt + MSG blend (≈0.2 g total)



## Instructions

1. Combine all ingredients in a bowl or lidded container. Stir thoroughly until the cocoa is fully dissolved and the mixture is uniform.
2. Cover and refrigerate at least 4 hours, preferably overnight.
3. Before eating, stir well. If too thick, loosen with 1–2 T additional soy milk.

## Notes

- Balanced as written; no adjustment needed.
- Salt sharpens the chocolate flavor—keep the amount minimal.
- Best eaten within 24–48 hours.

## Nutrition (Per serving)

Kcal: 395 | Protein: 20 g | Fat: 11 g | Sat. Fat: 2 g | Carbs: 52 g | Sugars: 21 g | Fiber: 11 g | Sodium: ~120 mg | Omega-3: 1.9 g

## 2 Servings

### Ingredients

- 80 g old-fashioned rolled oats
- 246 g non-fat plain Greek yogurt (Oikos)
- 240 g 7-11 糖質—75%オフ 調整豆乳
- 10 g unsweetened cocoa powder
- 20 g chia seeds
- 40 g maple syrup or honey
- 1 tsp vanilla extract
- Pinch salt + MSG blend (≈0.4 g total)

## Nutrition

### Whole recipe:

Kcal: 790 | Protein: 40 g | Fat: 22 g | Sat. Fat: 4 g | Carbs: 104 g | Sugars: 42 g | Fiber: 22 g | Sodium: ~240 mg | Omega-3: 3.8 g