

Overnight Protein Oats

About this Recipe

Meal: Breakfast
Serves: 1 serving
Prep time: 15 minutes (plus overnight soak)
Cook time: 0 minutes

Category

Dietary Preference

- ✓ Gluten-Free
- ✓ Omnivore (Everything)
- ✓ Pescatarian
- ✓ Vegetarian

Nutrition Information

Serving Size: 1 whole recipe
Calories: 500
Protein: 21 grams (1/2 hand)
Fat: 26 grams (3 thumbs)
Low Carb: 0 grams
Moderate-High Carb: 34 grams (1 1/2 cupped hands)



Registered Dietitian’s Notes

A full bowl of overnight oats can be high in carbs and a bit heavy. We have lightened the load by adding protein-boosting chia seeds and hemp seeds. Flaxseed (linseed) and chia seeds are also high in omega-3 fatty acids, which support serotonin production. The cranberries and apple in this dish add natural sweetness, so there’s no need to add white refined sugar.

Ingredients

- ¼ cup rolled oats (gluten free)
- 1 tablespoon ground flaxseed (linseed)
- 1 tablespoon chia seeds
- 2 tablespoons hemp seeds
- ¼ teaspoon salt
- ½ cup (125ml) water
- 2 tablespoons (30g) Greek yogurt
- ¼ medium apple
- 1 tablespoon dried cranberries
- ½ teaspoon cinnamon
- 1 tablespoon flaked almonds
- 1 teaspoon maple syrup (optional)

Directions

1. Measure out the oats, ground flaxseed (linseed), chia seeds, hemp seeds, and salt into a bowl. Use a spoon to stir everything together and add ½ cup (125ml) of water.

Cover the bowl and place it in the fridge overnight.

2. Remove the bowl from the fridge the next morning.
3. Grate the apple, chop the dried cranberries, and then add both to the bowl of soaked oats. Add the yogurt, cinnamon, and almonds. Mix.
4. To serve, you can add a teaspoon of maple syrup if you would like your oats a little sweeter.

Serving Suggestion

Experiment with all sorts of toppings to change up the flavor of overnight oats. Cocoa nibs, coconut flakes, walnuts, and even a little grated carrot all work well. Get creative.