



10 EASY OVERNIGHT OATS RECIPES

Created by PURPLECLAY



Carrot Cake Overnight Oats

9 ingredients · 8 hours · 1 serving



Directions

1. Add the oats, grated carrot, chia seeds, cinnamon, ground ginger, almond milk and maple syrup to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and divide them into jars. Top with yogurt and walnuts. Enjoy!

Notes

No Coconut Yogurt

Omit, or use another type of yogurt instead.

Nut-Free

Omit, or use pumpkin seeds.

Sugar-Free

Omit the maple syrup, or use a sugar-free sweetener of your choice.

No Almond Milk

Use any other type of milk instead.

Grated Carrot

Half a medium carrot is equal to about 1/2 cup of grated carrot.

Hot or Cold

These oats can be enjoyed hot or cold. Reheat cold oats in the microwave.

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

- 1/2 cup Oats (rolled)
- 1/4 Carrot (medium, grated)
- 1 tbsp Chia Seeds
- 1/4 tsp Cinnamon
- 1/8 tsp Ground Ginger
- 2/3 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1 tbsp Unsweetened Coconut Yogurt
- 1 tbsp Walnuts (roughly chopped)

Nutrition

Amount per serving

Calories	348	Vitamin A	2862IU
Fat	14g	Calcium	441mg
Carbs	50g	Iron	3mg
Fiber	9g	Vitamin B6	0.1mg
Protein	9g	Vitamin B12	0.2µg

Pear Spice Overnight Oats

9 ingredients · 8 hours · 4 servings



Directions

1. In a large bowl, combine the kefir, water, oats, honey, cinnamon, allspice, chia and half of the sliced pear. Cover and refrigerate overnight.
2. In the morning, divide into bowls or individual containers and top with tahini and the remaining pears. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Toppings

Add your favourite toppings such as walnuts, pecans, nutmeg, hemp seeds, ground flax, sesame seeds, pumpkin seeds or shredded coconut.

Dairy-Free

Use coconut milk kefir or any alternative milk instead.

No Pears

Use apples instead.

Ingredients

- 2 cups Plain Kefir
- 1 cup Water
- 2 cups Oats (rolled)
- 2 tbsps Raw Honey
- 1 tsp Cinnamon
- 1 tsp Ground Allspice
- 2 tbsps Chia Seeds
- 2 Pear (sliced and divided)
- 1/4 cup Tahini

Nutrition

Amount per serving

Calories	426	Vitamin A	286IU
Fat	14g	Calcium	342mg
Carbs	65g	Iron	4mg
Fiber	10g	Vitamin B6	0.1mg
Protein	15g	Vitamin B12	0.6µg

Mocha Overnight Protein Oats

7 ingredients · 8 hours · 4 servings



Directions

1. Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
2. Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

- 2 cups Oats (rolled)
- 1/4 cup Chia Seeds
- 1/4 cup Cocoa Powder
- 1/2 cup Chocolate Protein Powder
- 2 cups Unsweetened Almond Milk
- 1 cup Coffee (brewed and chilled)
- 1/4 cup Cacao Nibs

Nutrition

Amount per serving

Calories	328	Vitamin A	250IU
Fat	12g	Calcium	384mg
Carbs	40g	Iron	4mg
Fiber	12g	Vitamin B6	0.1mg
Protein	19g	Vitamin B12	0.3µg

Apple Cinnamon Overnight Oats

10 ingredients · 8 hours · 4 servings



Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
3. Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

Notes

More Protein

Add hemp seeds or a spoonful of nut butter.

Warm it Up

Heat in the microwave for 30 to 60 seconds before eating.

No Maple Syrup

Use honey to sweeten instead.

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

- 1 1/2 cups Oats (quick oats work best)
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/2 tsp Vanilla Extract
- 1/2 cup Water
- 1 Apple (cored and diced)
- 1 cup Walnuts (chopped)

Nutrition

Amount per serving

Calories	393	Vitamin A	214IU
Fat	25g	Calcium	265mg
Carbs	38g	Iron	3mg
Fiber	8g	Vitamin B6	0.2mg
Protein	10g	Vitamin B12	0µg

Blueberry Overnight Oats

8 ingredients · 8 hours · 4 servings



Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
2. Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

Nutrition

Amount per serving

Calories	414	Vitamin A	209IU
Fat	23g	Calcium	330mg
Carbs	43g	Iron	4mg
Fiber	10g	Vitamin B6	0.1mg
Protein	14g	Vitamin B12	0µg

Vanilla Latte Overnight Oats

8 ingredients · 3 hours · 2 servings



Directions

1. In a mixing bowl whisk together almond milk, cold coffee, half of the almond butter, maple syrup and vanilla extract. Stir in the oats and chia seeds until well combined.
2. Cover and refrigerate for at least 3 hours or up to overnight.
3. To serve, divide between bowls and top with the remaining almond butter and cacao nibs. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Add cinnamon or pumpkin spice.

Additional Toppings

Top with shredded coconut, additional chia seeds or hemp seeds.

More Protein

Stir in your favorite protein powder or collagen powder.

Ingredients

- 3/4 cup** Unsweetened Almond Milk
- 1/2 cup** Coffee (cold, strong brewed)
- 2 tbsps** Almond Butter (divided)
- 1 tbsp** Maple Syrup
- 1/4 tsp** Vanilla Extract
- 3/4 cup** Quick Oats
- 2 tbsps** Chia Seeds
- 2 tsps** Cacao Nibs

Nutrition

Amount per serving

Calories	325	Vitamin A	187IU
Fat	17g	Calcium	319mg
Carbs	37g	Iron	3mg
Fiber	9g	Vitamin B6	0mg
Protein	10g	Vitamin B12	0µg

Blood Orange Tahini Overnight Oats

5 ingredients · 8 hours · 2 servings



Directions

1. Add the oats, coconut milk, chia seeds, and chopped oranges to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and divide them into jars. Top with tahini. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to three days.

Gluten-Free

Use certified gluten-free oats.

More Flavor

Add maple syrup or cinnamon.

Hot or Cold

These oats can be enjoyed hot or cold. Reheat cold oats in the microwave or on the stove top.

No Blood Oranges

Use regular navel oranges instead.

Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Plain Coconut Milk (unsweetened, from the carton)
- 1 tbsp Chia Seeds
- 2 Blood Orange (small, peeled and chopped)
- 1 tbsp Tahini

Nutrition

Amount per serving

Calories	346	Vitamin A	663IU
Fat	12g	Calcium	429mg
Carbs	53g	Iron	3mg
Fiber	9g	Vitamin B6	0.2mg
Protein	9g	Vitamin B12	1.9µg

Overnight Vanilla Protein Oats

7 ingredients · 8 hours · 2 servings



Directions

1. In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
2. After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
3. Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Extra Garnish

Add cacao nibs, chocolate chips, seeds or nuts.

Leftovers

Keep well in the fridge for 3 to 4 days.

No Almond Butter

Omit, or use peanut butter or sunflower seed butter instead.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.

Ingredients

- 1 cup Oats (quick or traditional)
- 1 tbsp Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1 tbsp Almond Butter

Nutrition

Amount per serving

Calories	311	Vitamin A	327IU
Fat	11g	Calcium	425mg
Carbs	37g	Iron	3mg
Fiber	9g	Vitamin B6	0.1mg
Protein	18g	Vitamin B12	0.3µg

Peaches & Cream Overnight Oats

8 ingredients · 8 hours · 4 servings



Directions

1. In a large bowl, combine the oats, cinnamon, and chia seeds. Stir to combine.
2. Add the coconut yogurt, almond milk, vanilla extract and maple syrup. Stir well and let stand to thicken, about 20 minutes.
3. Divide between jars or containers and top with fresh peaches. Refrigerate overnight, or for a few hours. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

No Coconut Yogurt

Use plain Greek yogurt instead.

Ingredients

- 1 cup Oats (quick or traditional)
- 1 tsp Cinnamon
- 1/4 cup Chia Seeds
- 2 cups Unsweetened Coconut Yogurt
- 2 cups Unsweetened Almond Milk
- 2 tsp Vanilla Extract
- 2 tbsps Maple Syrup
- 2 Peach (medium, diced)

Nutrition

Amount per serving

Calories	269	Vitamin A	496IU
Fat	10g	Calcium	574mg
Carbs	40g	Iron	2mg
Fiber	8g	Vitamin B6	0mg
Protein	6g	Vitamin B12	1.4µg

Strawberry Coconut Overnight Oats

7 ingredients · 8 hours · 4 servings



Directions

1. Combine oats, coconut milk, chia seeds and maple syrup together in a large glass container. Add water and stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced strawberries followed by a sprinkle of hemp seeds. Repeat until all ingredients are used up. Store in the fridge up to 4 days or until ready to eat.

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Warm It Up

Heat in the microwave for 30 to 60 seconds before eating

More Protein

Add extra hemp seeds

Ingredients

- 1 1/2 cups Oats (quick)
- 1 1/2 cups Canned Coconut Milk
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 3/4 cup Water
- 2 cups Strawberries (sliced)
- 1/4 cup Hemp Seeds

Nutrition

Amount per serving

Calories	396	Vitamin A	10IU
Fat	25g	Calcium	81mg
Carbs	35g	Iron	3mg
Fiber	6g	Vitamin B6	0.1mg
Protein	10g	Vitamin B12	0µg