

Virtual Fit Family and Friends - Week 1 Recipe



OVERNIGHT OATS

Preparation:

- Place all ingredients in a jar or container.
- Cover tightly and shake vigorously.
- Refrigerate for 8 hours (overnight). Keeps up to 3 days in refrigerator.

Tips:

- Varying the texture of the overnight oats is as easy as changing the type of oats used: large flakes, quick, or steel cut. Avoid instant oats as they tend to result in mushy consistency.
- For additional texture and flavour, add nuts or seeds to the overnight oats just before eating (this keeps them crunchy)!

Recipe Ideas:

CHOCOLATE PEANUT BUTTER	SUPER STRAWBERRY	BANANA COCONUT	APPLE SPICE
<p>Oats</p> <ul style="list-style-type: none"> - ½ cup large flaked oats <p>Dairy</p> <ul style="list-style-type: none"> - ½ cup milk or alternative - 1/3 cup vanilla yogurt (or plain) <p>Fruit and flavours</p> <ul style="list-style-type: none"> - 2 tbsp dried date, chopped - 1 tbsp cocoa - 2 tbsp peanut butter, creamy or crunchy - 1 tsp vanilla extract 	<p>Oats</p> <ul style="list-style-type: none"> - ½ cup large flaked oats <p>Dairy</p> <ul style="list-style-type: none"> - ½ cup milk or alternative - 1/3 cup strawberry or vanilla yogurt <p>Fruit and flavours</p> <ul style="list-style-type: none"> - ½ cup sliced strawberries - 1 tsp vanilla extract <p>- Try topping with almonds when enjoying this in the morning</p>	<p>Oats</p> <ul style="list-style-type: none"> - ½ cup large flaked oats <p>Dairy</p> <ul style="list-style-type: none"> - 1/3 cup milk or alternative - 1/3 cup coconut yogurt <p>Fruit and flavours</p> <ul style="list-style-type: none"> - ½ banana, mashed - 1 tsp vanilla extract - 2 tbsp shredded coconut, unsweetened <p>- Try topping with walnuts when enjoying this in the morning</p>	<p>Oats</p> <ul style="list-style-type: none"> - ½ cup large flaked oats <p>Dairy</p> <ul style="list-style-type: none"> - 1/3 cup milk or alternative - 1/2 cup vanilla yogurt <p>Fruit and flavours</p> <ul style="list-style-type: none"> - ¼ cup unsweetened applesauce - ¼ cup diced apple - 1 tsp vanilla extract - 1 pinch cinnamon and nutmeg