

Overnight Oats

Recipe By Victoria Dwek



Cooking and Prep:  10
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Serves:  1

Contains:  

Preference: Dairy

Difficulty: Easy

Occasion: Nine Days

Diet: Gluten Free

Source: Whisk by Ami
Magazine

It was 4 a.m.; I had woken up and couldn't fall back asleep. My mind was busy brainstorming these overnight oat flavors (I knew which Greek yogurt flavors I had in the house, so in my dreams I jotted down what I'd top them all with). I told myself: If I fall asleep in the next half-hour, I'm obviously not going to make the oats. If I don't fall asleep, I'm going to go to the kitchen and prep the oats so that they're ready in the morning.

I didn't fall back asleep. Hence, we have breakfast.

Overnight oats are usually made by mixing oats and milk and letting it sit in the fridge overnight, softening the oats. If you use different flavors of Greek yogurt instead and load up the toppings, you get the best and most filling way ever to enjoy yogurt for breakfast. Choose your favorite or design your own combo with any other flavor of Norman's yogurt. There are so many options—so much fun!

Ingredients (19)



Lemon-Poppy Overnight Oats

- 1 (5.3-ounce) container Norman's Creamy Blends Luscious Lemon Greek Yogurt
 - 1/4 cup old-fashioned oats
 - 1 and 1/2 teaspoons poppy seeds
 - blueberries, for topping
 - lemon zest, for topping
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Cinnamon Bun Overnight Oats

- 1 (5.3-ounce) container Norman's Creamy Blends Cinnamon Bun Greek Yogurt
 - 1/4 cup old-fashioned oats
 - 1 diced apple, sautéed for five minutes in a bit of maple syrup, for topping
 - toasted pecans, for topping
 - Biscoff spread, for topping (optional)
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Blueberry Superfruit Muffin Overnight Oats

- 1 (5.3-ounce) container Norman's Pro + Superfruit Greek Yogurt
 - 1/4 cup old-fashioned oats
 - blueberries, for topping
 - other superfruits of your choice, for topping
 - homemade streusel, for topping
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Mango Cobbler Overnight Oats

- 1 (5.3-ounce) container Norman's Creamy Blends Island Mango Greek Yogurt
 - 1/4 cup old-fashioned oats
 - diced mango, for topping
 - toasted coconut, for topping
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Start Cooking

Prepare the Overnight Oats

1. The night before you want to enjoy it (or in the middle of the night), combine yogurt and oats. Cover and let sit in the refrigerator overnight.
2. Top your overnight oats and enjoy! You can layer or top your yogurt with fruit either at night or in the morning, but save the crunchy toppings for the morning.

Credits

Photos by Esti Photography