

Overnight Oats

Believe it or not, this no-cook recipe makes an already healthy whole grain even better for you! Soaking the oats instead of cooking creates retrograde starch (RS). RS behaves more like fiber than a carbohydrate, lowering glycemic response and aiding digestion. Prepare a batch Sunday evening that can be enjoyed throughout the week, warm or cold, by toddlers, teens, adults, and elders. This recipe works well for picky eaters who can choose their own toppings!

Ingredients:

3 cups old fashioned rolled oats
4 cups milk of choice (whole, nonfat, soy, etc)
2 Tbs chia seeds

1. Stir ingredients in bowl until well mixed.
2. Chill in refrigerator overnight.

Makes six 3/4 cup servings. Recipe can be refrigerated for up to 4 days.



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Topping Suggestions:

The Paul Bunyon:

Maple syrup, walnuts, blueberries, cinnamon

Tropical:

Crushed pineapple, dried coconut flakes, banana, macadamia nut

PB&J:

Peanut butter, frozen raspberries

Protein Power:

Greek yogurt, sliced almonds, pumpkin seeds

Lemon Pie:

Greek yogurt, lemon curd, crushed graham crackers

S'mores Dessert:

Crushed graham crackers, mini marshmallows, chocolate sauce

Tip: For the best texture, do not use instant or steel-cut oats.