



# IMG ACADEMY

## Overnight Oatmeal

Need a quick breakfast for those hectic mornings? Prep the night before and let it sit overnight in the fridge. As you are getting ready in the morning, you can quickly fuel with this nutritious and filling recipe. Oatmeal is packed with fiber and will give you more sustained energy than your typical breakfast cereal. You can also top with granola in the morning for an added crunch! Mix up ingredient combinations to avoid burn out.

### Ingredients:

#### Base:

- Old Fashioned oats
- Steel Cut oats

#### Liquid:

- Low-fat milk
- Unsweetened almond milk
- Water

#### Protein & Healthy Fats:

- Protein powder (i.e. vanilla, chocolate, café latte, etc.)
- Nuts (i.e. (i.e. almonds, walnuts, pistachios, etc.)
- Chia seeds
- Flax seeds

#### Fruit:

- Fresh fruit (i.e. berries, banana, mango, etc.)
- Dried fruit (i.e. raisins, craisins, apples, etc.)

### Instructions:

- Add ½ c. dried oats to a 16 oz. mason jar
- Use ½-¾ c. liquid of choice (i.e. milk, almond milk, etc.)
- Choose 1-2 ingredients from the other categories to create difference flavor combinations
- Cover mason jar with lid and let sit overnight or for at least 6-8 hours. The oats will absorb the liquid as it sits (Tip: chia seeds will act like mini sponges and soak up more of the liquid. If you like thicker oats, use more chia seeds or less liquid)
- Remove from fridge and add more liquids to reach desired consistency or enjoy as is

