

# Tranquil Farms Easy Overnight Oats

This easy overnight oats recipe is a healthy simple breakfast that you can make ahead for busy mornings and customize with many add-ins and toppings!

## INGREDIENTS

### Base

**½ cup old-fashioned rolled oats**

**½ cup milk *of choice***

**¼ cup Greek yogurt**

**1 Tablespoon chia seeds**

**1 Tablespoon hemp seeds**

**2 Tablespoons [Seed Cycling Seed Blend](#)**

**½ teaspoon [Microgreen Powder](#) (optional)**

**1 tablespoon sweetener *honey maple syrup or sugar alternative***

**¼ teaspoon vanilla extract**

### **Peanut Butter & Jelly Oats**

**1 tablespoon strawberry jam**

**1 tablespoon peanut butter**

**¼ cup diced strawberries**

**2 tablespoons peanuts *crushed***

### **Apple Pie Oats**

**¼ cup diced apples**

**1 tablespoon pecans *chopped***

**2 teaspoons [Apple Cider Syrup](#) or maple syrup**

**¼ teaspoon cinnamon**

### **Banana Nutella Oats**

**½ banana *sliced***

**1 tablespoon Nutella**

**1 tablespoon hazelnuts *crushed***

**1 tablespoon chocolate chips**

### **Almond Joy Oats**

**¼ cup shredded coconut**

**1 tablespoon almonds *chopped***

**1 tablespoon chocolate chips**

**2 teaspoons maple syrup**

### **INSTRUCTIONS**

Place all ingredients into a large glass container and mix until combined.

Cover the glass container with a lid or plastic wrap. Place in the refrigerator for at least 2 hours or overnight. Toppings can be added the night before or immediately before serving.

Uncover and enjoy from the glass container the next day. Thin with a little more milk or water, if desired.

**Storage:**

Overnight oats can be stored in the fridge for up to 5 days. This makes it an ideal breakfast meal prep to make on Sunday night for the week.