

OVERNIGHT OATS

MAKING YOUR MORNINGS HEALTHY & STRESS FREE



SUGAR FREE | BREAKFAST | RECIPES

VOLUME | 1

CONTENT



STRAWBERRY
OVERNIGHT OATS



OVERNIGHT OATS
& BERRY PARFAIT



APPLE CRUMBLE
OVERNIGHT OATS



CARROT CAKE
OVERNIGHT OATS



BLUEBERRY &
BANANA
OVERNIGHT
OATS



TROPICAL
OVERNIGHT OATS

FOLLOW US

facebook.com/thatsrealyummy
instagram.com/thatsrealyummy
pinterest.com/thatsrealyummy

©thatsREALyummy 2016 | All rights reserved
www.thatsrealyummy.com |



STRAWBERRY OVERNIGHT OATS

Ingredients

- ◆ ⅓ cup rolled oats
- ◆ 1 tablespoon chia seeds
- ◆ ½ cup of milk of your choice
- ◆ 3 tablespoons sugar free vanilla yoghurt (optional)
- ◆ 1 cup fresh or frozen strawberries

Instructions

- 1.put rolled oats and chia seeds into a bowl and pour over ½ cup of your choice of milk
- 2.leave to soak for at least 1 hour or overnight
- 3.if using frozen strawberries leave out to defrost
- 4.using a stick blender, blitz your strawberries until smooth
- 5.Once your oats and chia seeds have soaked up most of the milk you can start layering
- 6.alternate layers of strawberries and oats until all your mixture is finished
- 7.Enjoy



OVERNIGHT OATS & BERRY PARFAIT

Serves: 1

Ingredients

- ❖ ½ cup granola or muesli or oats
- ❖ ½ cup berries(fresh or frozen) or chia seed jam
- ❖ ½ cup of your favourite milk
- ❖ ½ cup of your favourite yoghurt
- ❖ dusting of cinnamon, optional

Instructions

- 1 .Place granola, oats or muesli in a bowl and pour over milk, put in the fridge overnight
2. Place your berries in another bowl and blitz them with a stick blender until sauce like, put in fridge overnight
3. In the morning assemble your parfait, by layering first your granola, then yoghurt then berry sauce.
4. Finish up with a dusting of cinnamon



APPLE CRUMBLE OVERNIGHT OATS

Serves: 2

- ◆ 1 apple stewed
- ◆ ¼ cup water
- ◆ ½ cup oats
- ◆ 2 teaspoons cinnamon
- ◆ ¼ teaspoon nutmeg
- ◆ ⅛ teaspoon ginger
- ◆ ½ teaspoon vanilla extract
- ◆ 1 tablespoon chia seeds
- ◆ ½ cup milk
- ◆ ½ cup natural yoghurt with live cultures

Instructions

1. finely slice apple and place in a small sauce pan with ¼ cup water over medium low heat
2. Cook until apple is soft
3. add spices and stir allow to cool
4. Add vanilla, milk, oats, chia seeds and blitz with a stick mixer
5. Refrigerate overnight
6. in the morning (heat if wanting it warm) then layer with yoghurt and sprinkle with extra cinnamon



CARROT CAKE OVERNIGHT OATS

Serves: 2

Ingredients

- ◆ ½ cup rolled oats or homemade muesli
- ◆ 1 Tablespoon chia seeds
- ◆ 1 cup of your preferred milk
- ◆ ½ teaspoon vanilla extract
- ◆ ¾ cup grated carrot
- ◆ 2 tsp cinnamon
- ◆ ¼ tsp nutmeg, ground
- ◆ ¼ tsp ginger, fresh if possible otherwise ground
- ◆ pinch cloves, ground
- ◆ ¾ cup of natural yoghurt or coconut cream

Instructions

1. In a blender, combine all ingredients excluding yoghurt or coconut cream, and mix until well combined
2. Let sit in the fridge overnight covered (or at least a few hours).
3. If using coconut cream, Place can of upside down in the fridge overnight
4. In the morning turn the can the right way up (do not shake)
5. Open the can of coconut milk/cream and pour off the liquid and set aside
6. Scoop out the hardened coconut cream
7. Whisk cream until thoroughly mixed and creamy
8. Alternate layers of oats and yoghurt or cream and serve



BLUEBERRY & BANANA OVERNIGHT OATS

Serves: 2

Ingredients

- ◆ half a banana
- ◆ $\frac{3}{4}$ cup fresh or frozen blueberries
- ◆ 2 tablespoons chia seeds
- ◆ $\frac{1}{2}$ cup rolled oats or granola
- ◆ $\frac{1}{2}$ cup of your favourite sugar-free yoghurt
- ◆ $\frac{1}{2}$ cup milk

Instructions

1. Combine banana, blueberries, chia seeds, oats or granola 2 tablespoons yoghurt and milk and blitz with hand blender.
2. Put in the fridge overnight
3. In the morning eat as is or layer with more yoghurt and top with sliced banana



TROPICAL OVERNIGHT OATS

Serves: 1 serve

Ingredients

- ◆ ½ cup granola
- ◆ ¼ cup shredded coconut
- ◆ ½ cup of coconut milk or your preferred milk
- ◆ ½ cup of your favourite sugar free yoghurt
- ◆ ½ cup pineapple

Instructions

1. Place all ingredients in a mason jar or bowl and stir until well combined
2. Refrigerate overnight
3. Serve in the morning as is or top with toasted coconut, pineapple and slithered almonds

TRY SUGAR FREE



THANK YOU

Thank you for becoming part of our special email subscribers, we hope that you will enjoy these recipes as much as we do and feel the benefits of eating better using REAL FOODS and less processed junk.

Remember you can also follow us on social media

Amanda x

thatsreallyummy.com