

## FIT "Carrot Cake" Overnight Oats

Portion Size: 1 each

Yield: 7 servings



### Overnight Oats

Skim Milk	2 ½ cups
Old Fashioned Oatmeal, Dry	4 ½ cup

### Topping

Carrots, Fresh, Grated	1 ½ cups
Raisins	2/3 cups
Cinnamon, Ground	1 tsp
100% Pure Maple Syrup	2 tbsps
Plain, Non-fat Greek Yogurt	¾ cup
Cinnamon, Ground, Garnish	1 tsp

1. In a bowl, combine oats and milk, cover and refrigerate. Allow oats to soak overnight, not more than 15 hours.
2. In a separate bowl, combine carrots, raisins, cinnamon and maple syrup. Set aside.
3. In a small bowl or glass jar (at least 12 fl oz.) layer the following:
  - 1 cup overnight oats (oats mixed with milk that sat overnight)
  - ¼ cup carrot mixture
  - 2 TBSP greek yogurt
  - 1/8 tsp ground cinnamon (for garnish)

Note: Non-dairy milk can be used in place of skim milk.

Nutrition Info (per serving): Cal: 300, Total Fat: 4g, Sat Fat: 0.5g, Sodium: 70mg, Carbs: 60g, Protein: 13g, Sugar: 19g, Fiber: 7g

Food by FLIK

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## **FIT** Cinnamon Apple Overnight Oats

Portion Size: 1 each

Yield: 8 servings



### **Overnight Oats**

Skim Milk	3 cups
Old Fashioned Oatmeal, Dry	5 ¾ cup

### **Topping**

Apples, Unpeeled, Cored, Diced	3 ¼ lbs
Brown Sugar, Light	3 ¼ tbsps
Apple Cider	¾ cup
Cinnamon, Ground	1 tsp

1. In a bowl, combine oats and milk, cover and refrigerate. Allow oats to soak overnight, not more than 15 hours.
2. Place apples in a bowl, toss with brown sugar, cider and cinnamon. Place on a sheet pan and roast in a 350°F oven for ~10 minutes (until tender), cool, place in a container and chill until ready to use.
3. In a small bowl or glass jar (at least 12 fl oz.) layer the following:
  - 1 cup overnight oats (oats mixed with milk that sat overnight)
  - ½ cup roasted apples
  - 1/8 tsp ground cinnamon (for garnish)

Note: Non-dairy milk can be used in place of skim milk.

Nutrition Info (per serving): Cal: 340, Total Fat: 4g, Sat Fat: 0.5g, Sodium: 50mg, Carbs: 70g, Protein: 10g, Sugar: 30g, Fiber: 10g

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### **Overnight Oats**

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### **Topping**

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Brown Sugar, Light	3 ¼ tbsps
Apple Cider	¾ cup
Cinnamon, Ground	1 tsp

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Note: Non-dairy milk can be used in place of skim milk.

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## **FIT** Cocoa Banana Overnight Oats

Portion Size: 1 each

Yield: 8 servings



### **Overnight Oats**

Skim Milk	3 cups
Old Fashioned Oatmeal, Dry	5 ¼ cups

### **Topping**

Banana, Medium, Mashed	2 cups
Cocoa Powder, Unsweetened	2 tbsps
Dark Chocolate	8 tsp

1. In a bowl, combine oats and milk, cover and refrigerate. Allow oats to soak overnight, not more than 15 hours.
2. Mix mashed banana and cocoa powder in with the overnight oats until incorporated.
3. In a small bowl or glass jar (at least 12 fl oz.) layer the following:
  - 1 ¼ cups overnight oats, banana and cocoa powder mixture
  - 1 tsp dark chocolate shavings (for garnish)

Note: Non-dairy milk can be used in place of skim milk.

Nutrition Info (per serving): Cal: 290, Total Fat: 4g, Sat Fat: 1g, Sodium: 40mg, Carbs: 54g, Protein: 11g, Sugar: 13g, Fiber: 7g

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Dark Chocolate	8 tsp

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## **FIT** Orange Vanilla Overnight Oats

Portion Size: 1 serving

Yield: 8 servings



### **Overnight Oats**

Skim Milk	3 cups
Old Fashioned Oatmeal, Dry	5 ¼ cups

### **Topping**

Water	1 cup
Orange Juice	1 cup
Granulated Sugar	1 cup
Vanilla Extract, Pure	1 tsp
Star Anise, Whole	6 each
Orange Zest	2 tsp
Orange, Peeled, Sectioned	3 lbs
Plain, Non-fat Greek Yogurt	1 cup

1. In a bowl, combine oats and milk, cover and refrigerate. Allow oats to soak overnight, not more than 15 hours.
2. Combine water, orange juice, sugar, vanilla, star anise and orange zest in a saucepan. Bring to a boil.
3. Dice oranges and add to saucepan. Cook uncovered, until tender (~15 minutes). Remove star anise. Cool.
4. In a small bowl or glass jar (at least 12 fl oz.) layer the following:
  - 1 cup overnight oats (oats mixed with milk that sat overnight)
  - ¼ cup vanilla orange compote
  - 2 TBSP greek yogurt

Note: Non-dairy milk can be used in place of skim milk.

Nutrition Info (per serving): Cal: 330, Total Fat: 4g, Sat Fat: 0.5g, Sodium: 50mg, Carbs: 63g, Protein: 13g, Sugar: 26g, Fiber: 7g

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### **Topping**

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Orange Juice	1 cup
Granulated Sugar	1 cup
Vanilla Extract, Pure	1 tsp
Star Anise, Whole	6 each
Orange Zest	2 tsp
Orange, Peeled, Sectioned	3 lbs
Plain, Non-fat Greek Yogurt	1 cup

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2. Combine water, orange juice, sugar, vanilla, star anise and orange zest in a saucepan. Bring to a boil.
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