



Raspberry-Peanut Butter Overnight Oats

Shine 365
Marshfield Clinic

PREP TIME: 5 minutes • CHILL TIME: 6 hours

INGREDIENTS

- ¼ cup + 1 tablespoons water
- ¼ cup rolled oats*
- 1 tablespoon whole chia seeds
- Stevia to taste - approximately 6 drops (optional)
- 2 tablespoons natural peanut butter, creamy or crunchy
- ½ cup frozen raspberries
- ½ banana

**Use steel cut oats for a chewier texture.*

Note: While this recipe is called “overnight oats,” it can still be made in the morning. The oats and chia seeds soak up the water rather quickly.

INSTRUCTIONS

Add water, oats, chia and stevia to a pint jar or other 2-cup container. Swirl to mix.

In this order, top with peanut butter, raspberries and banana. Do not mix.

Cover and refrigerate overnight.

Stir and enjoy.

NUTRITION INFORMATION

Each serving contains approximately 418 calories; 23 g fat; 15 g protein; 47 g carbohydrates (31 g net carbs); 11 g sugar; 153 mg sodium; and 16 g fiber.



Blueberry-Raspberry Overnight Oats

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PREP TIME: 5 minutes • CHILL TIME: 6 hours

INGREDIENTS

- ¼ cup + 1 tablespoons water
- ¼ cup plain Greek yogurt or plain regular yogurt
- ¼ cup rolled oats*
- 1 tablespoon whole chia seeds
- Stevia to taste – approximately 6 drops (optional)
- ⅓ cup walnuts, almonds or sunflower seeds
- ½ cup frozen raspberries
- ½ cup frozen blueberries

*Use steel cut oats for a chewier texture.

Note: While this recipe is called “overnight oats,” it can still be made in the morning. The oats and chia seeds soak up the water rather quickly.

INSTRUCTIONS

Add water, yogurt, oats, chia and stevia to a pint jar or other 2-cup container. Swirl to mix.

In this order, top with raspberries, blueberries and walnuts, or nut or seed of choice. Do not mix.

Cover and refrigerate overnight.

Stir and enjoy.

NUTRITION INFORMATION

Calculated using plain non-fat Greek yogurt and sunflower seeds. Nutrition content varies based on yogurt type and seed or nut.

Each serving contains approximately 365 calories; 17 g fat; 19 g protein; 43 g carbohydrates (28 g net carbs); 13 g sugar; 62 mg sodium; and 15 g fiber.