

OVERNIGHT OATS



RISE AND SHINE
CHOCOLATE
PEANUT BUTTER



STRAWBERRY
BONANZA



BANANA
COCONUT



APPLE
SPICE



DELICIOUS
MANDARIN



PINEAPPLE
TROPICAL DELIGHT

MEALS IN A JAR OVERNIGHT OATS

Add a bit of zen to your morning and a dash of excitement to your breakfast with our Overnight Oats.

Preparation:

- Place all the ingredients in a jar.
- Cover tightly with the lid and shake vigorously.
- Refrigerate for 8 hours. Keeps up to 3 days in the refrigerator.

Tips:

- Varying the texture of Overnight Oats is as easy as varying the type of oats used: large-flake, quick or steel-cut. Avoid instant oats as they will result in a mushy consistency.
- For even more texture, add nuts or seeds to the Overnight Oats just before eating.

DAIRY FARMERS OF CANADA
BROUGHT TO YOU
BY OUR DIETITIANS

FOR THE NUTRITIONAL
INFORMATION OF THESE
RECIPES, VISIT:
DFCPLC.CA/JARMEALS

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RISE AND SHINE CHOCOLATE PEANUT BUTTER

OATS

- ½ cup (125 mL) large-flake oats

DAIRY PRODUCTS

- ½ cup (125 mL) milk
- ⅓ cup (80 mL) vanilla yogurt

FRUIT & CO.

- 2 tbsp (30 mL) dried dates, chopped
- 1 tbsp (15 mL) cocoa
- 2 tbsp (30 mL) peanut butter, creamy or crunchy
- 1 tsp (5 mL) vanilla extract

Stir well with a spoon before refrigerating.

Precious vitamin D ☀️ In Canada, it is mandatory for milk to be fortified with vitamin D, and milk is an excellent source of this vitamin. Vitamin D improves calcium absorption, making it a key nutrient for bone health.



STRAWBERRY BONANZA

OATS

- ½ cup (125 mL) large-flake oats

DAIRY PRODUCTS

- ⅓ cup (80 mL) milk
- ½ cup (125 mL) strawberry yogurt

FRUIT & CO.

- ½ cup (125 mL) strawberries
- 1 tsp (5 mL) vanilla extract

Try a different fruit and yogurt flavour for a new taste experience.

Running out of ideas? ☀️ Combat the lunchbox blues and shake up the sandwich routine every now and then by sending the kids to school with Overnight Oats.



BANANA COCONUT

OATS

- ½ cup (125 mL) large-flake oats

DAIRY PRODUCTS

- ⅓ cup (80 mL) milk
- ½ cup (125 mL) coconut flavoured yogurt

FRUIT & CO.

- ½ banana, mashed
- 1 tsp (5 mL) vanilla extract
- 2 tbsp (30 mL) shredded coconut, unsweetened

Lactose intolerant? ☀️ Yogurt is generally well tolerated by those with lactose intolerance as the live bacteria can help with lactose digestion. Good to know: to improve tolerance, consume milk products in smaller amounts with other foods throughout the day.

For more information on lactose intolerance, visit:
dfcplc.ca/tipsfortolerance



APPLE SPICE

OATS

- ½ cup (125 mL) large-flake oats

DAIRY PRODUCTS

- ⅓ cup (80 mL) milk
- ½ cup (125 mL) vanilla yogurt

FRUIT & CO.

- ¼ cup (60 mL) unsweetened applesauce
- ¼ cup (60 mL) diced apple
- 1 tsp (5 mL) vanilla extract
- 1 pinch each of cinnamon and nutmeg

A matter of taste! ☀️ Whether you choose whole, 2%, 1% or skim, all milk contains virtually the same amount of vitamins and minerals; only the fat content differs.



DELICIOUS MANDARIN

OATS

- ½ cup (125 mL) large-flake oats

DAIRY PRODUCTS

- ⅓ cup (80 mL) milk
- ⅓ cup (80 mL) mandarin and mango Greek yogurt

FRUIT & CO.

- ½ cup (125 mL) canned mandarin segments (in their own juice) and ¼ cup (60 mL) of that juice
- 1 tsp (5 mL) vanilla extract
- 1 tsp (5 mL) orange marmalade (unsweetened)

Protein + 14 ☀️ Milk is an excellent source of protein. What's more, it also contains 14 other essential nutrients.



PINEAPPLE TROPICAL DELIGHT

OATS

- ½ cup (125 mL) large-flake oats

DAIRY PRODUCTS

- ⅓ cup (80 mL) milk
- ⅓ cup (80 mL) pineapple Greek yogurt

FRUIT & CO.

- ½ cup (125 mL) crushed pineapple (in its own juice)
- 1 tbsp (15 mL) dried cherries
- ¼ tsp (1 mL) almond extract

Want to work in plain yogurt? ☀️ Plain yogurt has a tangier taste than the flavoured variety. Mix the two together for an easy way to introduce plain yogurt to your taste buds.

