



Kid-Friendly Overnight Oats

(1 serving)

Ingredients

- ½ cup rolled oats
- ½ cup milk (or oat/other plant-based milk)
- 2–3 tbsp yogurt (vanilla or plain)
- 1 tsp chia seeds (optional, adds great texture)
- ½ tsp honey or a little jam (optional. Omit honey for children under 1)

Instructions

1. Combine all ingredients in a jar or small container and stir well.
2. Refrigerate overnight (at least 3–4 hours).
3. Stir before serving and top with whatever your child likes — berries, banana, or apple pieces.

Want some variation? Try these three kid-friendly flavors:

Banana Bread

Add to the base recipe:

- ½ mashed banana
- ¼–½ tsp cinnamon
- 1 tsp chia seeds (optional)

Sweet, mild, and usually a kid favorite!

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Carrot Cake

Add to the base recipe:

- 2–3 tbsp finely grated carrot
- ½ tsp cinnamon
- A pinch of vanilla sugar or vanilla powder (optional)
- 1 tsp raisins (optional)
- A small pinch of orange zest (optional but delicious)

Tip!

Top with a spoonful of vanilla yogurt and a bit more grated carrot if you like.

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Apple Pie

Add to the base recipe:

- ½ grated apple
- ½ tsp cinnamon
- A pinch of vanilla sugar (optional)
- A few raisins (optional)

Tip!

Top with a bit of granola for crunch.