

Sunset Overnight Oats

Culinary Medicine, Nutrition Services

Serves: 1, Serving Size: 1 cup

Equipment: cup, bowl, or jar with lid or spoon

Ingredients

½ cup rolled or steel cut oats

½ cup water

1 tsp maple syrup

Pinch each of cardamom, ginger, turmeric, salt

Personalize It! Optional garnishes:

½ cup blueberries (fresh or frozen)

1 tbsp toasted macadamia nuts or toasted pumpkin seeds (pepitas)

Instructions

1. Combine oats, water, syrup, cardamom, ginger, turmeric and salt in a jar or bowl. Stir to mix well. Cover and refrigerate overnight.
2. In the morning, heat if desired and top with optional toppings like blueberries, pumpkin seeds, or macadamia nuts.

People with celiac disease or gluten-sensitivity should use oats that are “gluten-free”, as oats are often cross-contaminated with wheat.

Double or triple the recipe to have breakfast ready for several days.



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Why We Like This Recipe

Overnight oats require minimal effort, are nutritious and filling, are customizable, and have a delicious creamy texture that isn't as gucky as regular cooked oatmeal.

Chef's Notes:

- Enhance the flavor by using fruits, yogurt, nuts, seeds, and spices like cinnamon with a touch of maple syrup or honey. Add nuts and seeds just before eating so they don't become soft.

Nutrition Notes:

- Oats are a great complex carbohydrate with a lot of soluble fiber which helps to regulate blood sugar levels and promote heart health.

Gardener's Notes:

- The oat plant has been cultivated for thousands of years, but at first it was considered a weed! Their hardiness and adaptability to various climates soon made them a recognized nutritious food source for both humans and animals.



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