

OAT RECIPES

No-Bake Oatmeal Cookies

2 cups oats (old-fashioned or quick)
1/2 cup peanut butter
1/4 cup honey or maple syrup
1/2 teaspoon vanilla extract
Optional: mini chocolate chips or raisins

In a bowl, mix together the peanut butter, honey, and vanilla. Add oats and stir until everything sticks together. Scoop into balls or press into a pan and chill in the fridge for 30 minutes. Enjoy as a snack or dessert!

Classic Overnight Oats

1/2 cup rolled oats
1/2 cup milk (or oat milk)
1/4 cup yogurt (optional for creaminess)
1/2 banana, mashed
1/4 teaspoon cinnamon
Toppings: berries, nuts, or honey

In a jar or container, combine oats, milk, yogurt, mashed banana, and cinnamon. Stir well, cover, and refrigerate overnight. In the morning, stir and add your favorite toppings. Eat cold or warm it up!

