



spoon&whisk

ESSENTIAL KITCHENWARE & CUTLERY
FOR THE WELL-STOCKED KITCHEN

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Raspberry Overnight Oats

Serves 2

Busy mornings? No problem! Overnight oats are the perfect grab-and-go meal—healthy, delicious, and endlessly customizable. Just mix oats, milk, yogurt, and your favorite toppings, let it chill overnight, and wake up to a creamy, nutrient-packed breakfast!

Ingredients:

1/2 cup fresh raspberries
1 cup rolled oats
1 cup milk (dairy or non-dairy)
1/2 cup Greek yogurt
1 tablespoon chia seeds
1 tablespoon maple syrup
1 teaspoon vanilla extract
1/4 teaspoon cinnamon

Serving Ideas:

Handful of fresh Raspberries
Granola
Coconut flakes
Honey

Directions:

1. Mash 1/2 cup of the raspberries in a small bowl to release their juices.
2. In a larger bowl, mix the oats, milk, Greek yogurt, chia seeds, maple syrup, vanilla, and cinnamon. Stir well to combine.
3. Alternate adding the oat mixture and mashed raspberries into two jars. Cover and place in the fridge for at least 4 hours, but ideally overnight.
4. Stir and serve! The next morning, give it a good stir. Add more milk if it's too thick.
5. Garnish with extra raspberries, nuts, granola, coconut flakes, or a drizzle of honey.