



Sprouted **OVERNIGHT OATS**

RECIPE BOOK

ENTIRELY
PLANT-BASED,
GLUTEN FREE,
EASY & DELICIOUS
RECIPES

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Overnight oats offer a healthy and customizable breakfast option with endless flavor, ratio, and ingredient possibilities.

It's no secret that we love breakfast, which is why we have created a collection of overnight oat recipes. Thank you, Paige Wilson, for contributing some delectable recipes to this overnight oats' recipe eBook.

Overnight oats for breakfast provide a convenient and easy way to add nutrition to busy days. When preparing overnight oats, ingredient quality is essential. While overnight oats don't require cooking, the choice of ingredients impacts the result.

OVERNIGHT OATS MENU

Pumpkin Pie
Blueberry Chia
Peanut Butter Cup
Apple Cinnamon
Mixed Berry Chia
Raspberry Coconut

The image displays three distinct piles of oat products arranged vertically on a light-colored, textured surface. The top pile consists of large, flat, golden-brown oat flakes. The middle pile is made of smaller, more irregularly shaped oat pieces. The bottom pile is composed of the smallest, most fragmented oat particles. Each pile is accompanied by a white rectangular label with black text to its left.

ROLLED OATS

QUICK OATS

STEEL CUT OATS

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About our Sprouted Oats

Our gluten-free oats are sprouted to unleash their superpowers, resulting in higher nutrient content and improved digestibility. Rest assured, our oats are exclusively organic, sprouted, gluten-free, and non-GMO.

We highly recommend using our Sprouted Oats as the perfect base for overnight oats. Regardless of your preference, we have a grain to match- our Sprouted Steel-Cut Oats have a delightful chewy texture, while our Sprouted Quick Oats offer a smooth and creamy consistency. For a more traditional option, you can never go wrong with our Sprouted Rolled Oats.



PUMPKIN PIE

OVERNIGHT OATS

When we think of indulgence, this Pumpkin Pie overnight oats is at the top of our list. With sprouted oats, pumpkin and a perfect blend of fall spices, this overnight oat breakfast makes for a great dessert and snack. It's packed with fibre, nutrients, and an irresistible taste.

INGREDIENTS

½ cup [One Degree Sprouted Rolled Oats](#)

2 Tbsp chia seeds

1 tsp pumpkin pie spice

½ tsp cinnamon

2 Tbsp pumpkin seeds

½ cup almond milk

½ cup coconut yogurt

¼ cup pumpkin puree

3 Tbsp maple syrup

1 Tbsp vanilla extract

In a medium mixing bowl, combine the rolled oats, chia seeds, pumpkin pie spice, cinnamon, and pumpkin seeds. Then pour in the almond milk, coconut yogurt, pumpkin puree, maple syrup, and vanilla extract into the dry ingredients.

Mix everything together well. Cover the bowl and refrigerate for at least 20 minutes (preferably overnight), or until the oats have thickened to a porridge-like consistency.

If you prefer a thinner consistency, you can add a splash of almond milk. Finally, divide the overnight oats between two bowls or cups and add toppings of your choice. Option to add a dollop of coconut yogurt and chopped pecans.

Enjoy



BLUEBERRY CHIA

OVERNIGHT OATS

This simple blueberry chia overnight oats recipe has consistently ranked as one of our top recipes. It's easy to see why - this delicious breakfast features fruity, perfectly spiced flavors that are perfect for busy mornings.

INGREDIENTS

$\frac{3}{4}$ cup [One Degree Organics Sprouted Quick Oats](#)

1 $\frac{1}{2}$ cups almond milk

1 Tbsp chia

1 Tbsp maple syrup

$\frac{1}{4}$ tsp cinnamon

$\frac{1}{2}$ cup blueberries

Pinch of salt

Place all ingredients in a jar or container with an airtight lid. Close jar and shake to combine. Place in refrigerator overnight. Top with additional blueberries and add more milk, if needed, before serving.

Enjoy



PEANUT BUTTER CUP

OVERNIGHT OATS

Indulge in the creamy blend of peanut butter, chocolate, and fiber-rich oats that will keep you satisfied all day. This mouthwatering peanut butter cup overnight oats is the perfect combination of indulgence and clean eating.

INGREDIENTS

$\frac{2}{3}$ cup [One Degree Organics Sprouted Quick Oats](#)

$\frac{1}{3}$ cup organic vegan plain yogurt

$\frac{1}{3}$ cup water

1 Tbsp organic cacao powder

1 Tbsp organic pure maple syrup

1 Tbsp organic peanut butter (half for topping)

2 Tbsp organic peanuts (half for topping)

2 Tbsp organic vegan chocolate chips (half for topping)

Place dry ingredients into an overnight oats jar, add vegan yogurt, half the peanut butter, half the peanuts, half the chocolate chips, and water, and mix until combined. Close the jar and place it in the refrigerator to set overnight.

Before serving, you can add the remaining peanuts, peanut butter, and chocolate chips on top.

Enjoy



APPLE CINNAMON

OVERNIGHT OATS

Cozy up your mornings with a perfectly spiced Apple Cinnamon overnight oats breakfast. Made with apples, sprouted rolled oats, warm spices, and simple ingredients, this overnight treat will welcome your day with irresistible flavors.

INGREDIENTS

1 cup [One Degree Organics Sprouted Rolled Oats](#)

2 Tbsp organic ground flax seed

½ tsp organic ground cinnamon

¼ tsp organic ground ginger

⅛ tsp organic ground nutmeg

Pinch salt

1 ¼ cups organic almond milk

2 Tbsp organic pure maple syrup

1 organic Fuji apple, shredded

Place dry ingredients into an overnight oats jar, add the shredded apple and almond milk, and mix until combined. Close the jar and place it in the refrigerator to set overnight.

Before serving, drizzle maple syrup over the overnight oats and add some sliced apples (optional).

Enjoy



MIXED BERRY OVERNIGHT OATS

Enjoy a burst of creamy, mixed berry overnight oats with hints of coconut, fibre-rich oats and clean ingredients that will brighten up your morning with sprouted nutrition to sustain you through your busy day.

INGREDIENTS

½ cup [One Degree Organics Sprouted Rolled Oats](#)

1 Tbsp organic chia seeds

¼ cup canned organic full-fat coconut milk

¼ cup filtered water

½ tsp organic vanilla extract

½ cup fresh organic blueberries

4 fresh organic strawberries, diced

Place dry ingredients into an overnight oats jar, add vanilla extract, strawberries, blueberries, coconut milk, and water and mix until combined. Close the jar and place it in the refrigerator to set overnight.

Before serving, you can add extra blueberries and strawberries on top.

Enjoy



RASPBERRY COCONUT

OVERNIGHT OATS

Wake up your tastebuds with sweet notes of raspberries, rich sprouted oats, and other clean ingredients that deliver a delicious boost of nutrition to kickstart your day.

INGREDIENTS

1 cup [One Degree Organics Sprouted Steel Cut Oats](#)

1 ½ tsp maple syrup

1 can organic coconut milk

1 Tbsp chia seeds

¼ cup frozen raspberries
shredded coconut, banana,
hemp hearts to garnish

Combine oats, coconut milk, maple syrup, chia seeds, and frozen raspberries in an overnight container, mix, and place in the refrigerator to set overnight.

Before serving, stir well and add shredded coconut, sliced banana, hemp hearts, and more raspberry if you like.

Steel-cut oats will have a natural chewy texture. You can leave your overnight oats in the fridge for an extra day or 2 for a softer and less chewy texture.

Enjoy



ONE SMALL FAMILY WITH ONE BIG IDEA

Our family believes in the connection between healthy soil, healthy plants, and healthy people. And we believe you deserve 100% transparency in everything you eat. That's why we created One Degree Organic Foods — to give you the power to meet every farmer, farm co-op, and producer behind every ingredient you're eating — just like a farmer's market.

STAN Kathy ALONNA Sonda Amy

[OneDegreeOrganics.com](https://www.OnDegreeOrganics.com)

