🥣 Overnight Oats Lab

Culinary 1 · Unit 8 · Level 1 · before Intro to Grains (eat them the next class)



Name: _____

Makes 1 jar. Mrs. Dyches' recipe: Easy Overnight Oats (Feel Good Foodie, her recipe link).

🧺 Base: get it. Check ☐.

- ☐ 🥣 **½ cup** rolled oats (old-fashioned)
- ☐ 🥛 **½ cup** milk

🧺 Add-ins: get it. Check ☐.

- ☐ 🥛 **¼ cup** Greek yogurt
- ☐ ⚫ **1 Tbsp** chia seeds
- ☐ 🍯 **1 Tbsp** honey or maple syrup
- ☐ 🍦 **¼ tsp** vanilla

🧺 Toppings (pick): get it. Check ☐.

- ☐ 🍓 fruit
- ☐ 🥜 peanut butter or nuts
- ☐ 🟤 cinnamon

👩‍🍳 Do one box. Check ☐ it.

1		Wash hands.	☐
2		Name on my jar.	☐
3		Yogurt + honey in.	☐
4		Oats in.	☐
5		Milk in.	☐
6		Stir.	☐
7		Fridge.	☐
8		Next day: eat! Photo!	☐