🥣 Overnight Oats Lab

Culinary 1 · Unit 8 · Level 2 · before Intro to Grains (eat them the next class)



Name: _____ Date: _____ Period: _____

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

🧺 Base

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

🧺 Add-ins

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

🧺 Toppings (pick)

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

👩‍🍳 Steps: check each box when you finish

1.  Wash hands. Label your jar. ☐
2.  Put the yogurt, chia, honey, and vanilla in the jar. ☐
3.  Add ½ **cup** oats. ☐
4.  Add ½ **cup** milk. ☐
5.  Stir until there are **no dry spots**. ☐
6.  Put the lid on. ☐
7.  Fridge **overnight** (at least 2 hours). ☐
8.  Next class: add toppings and eat. Photo! ☐