

# HIGH-PROTEIN STRAWBERRIES AND CREAM OATS

## INGREDIENTS

½ cup oats

1 cup milk

½ cup Greek yogurt

1 scoop vanilla protein powder (optional)

½ cup strawberries, sliced

Optional: honey, chia seeds



CALORIES

PROTEIN

**380**

**28g**

## DIRECTIONS

1. Cook oats with milk until creamy.
2. Stir in protein powder while warm.
3. Let cool slightly, then fold in Greek yogurt.
4. Top with fresh strawberries.
5. Add honey if desired.
6. Serve warm or chilled.

# COLD BREW MOCHA OATS

## INGREDIENTS

½ cup oats

¾ cup milk

¼ cup cold brew coffee

1 tablespoon cocoa powder

1–2 teaspoons maple syrup

Optional: chocolate chips,  
peanut butter



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CALORIES

**320**

PROTEIN

**12g**

## DIRECTIONS

Mix oats, milk, cold brew, and cocoa powder in a jar.

Stir well until fully combined. Refrigerate overnight.

Stir before serving. Sweeten to taste.

Top with chocolate chips if desired.

# TROPICAL MANGO COCONUT OATS

## INGREDIENTS

- ½ cup oats
- 1 cup coconut milk (or regular milk)
- 1 cup mango chunks (fresh or frozen)
- 1–2 teaspoons honey or maple syrup (optional)
- Optional: shredded coconut, chia seeds, lime zest



CALORIES

360

PROTEIN

9g

## DIRECTIONS

1. Cook oats in coconut milk until creamy.
2. Stir in mango chunks while warm.
3. Sweeten if desired.
4. Top with shredded coconut or chia seeds.
5. Add lime zest for brightness. Serve warm or chilled.

# APPLE CINNAMON CRUNCH OATS

## INGREDIENTS

½ cup oats

1 cup milk or water

1 apple, diced

½ teaspoon cinnamon

1 teaspoon butter (optional)

1–2 tablespoons granola  
or nuts for crunch

Optional: honey, raisins



CALORIES

310

PROTEIN

9g

## DIRECTIONS

1. Cook oats with milk until creamy.
2. Sauté or microwave apples until soft (optional).
3. Stir cinnamon into oats.
4. Top with apples and granola/nuts.
5. Add honey if desired. Serve warm.

# DOUBLE CHOCOLATE CHUNK OATS

## INGREDIENTS

½ cup oats

1 cup milk or almond milk

1 tablespoon cocoa powder

1–2 tablespoons chocolate chips or chunks

1 teaspoon honey or maple syrup (optional)

Optional: peanut butter, banana slices



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**CALORIES**

**390**

**PROTEIN**

**16g**

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## DIRECTIONS

Cook oats with milk and cocoa powder. Stir until thick and chocolatey. Add chocolate chunks while warm so they melt slightly. Sweeten if needed. Top with optional extras. Serve warm and creamy.

# BLUEBERRY LEMON ZEST OATS

## INGREDIENTS

- ½ cup oats
- 1 cup milk or water
- ½ cup blueberries
- ½ teaspoon lemon zest
- 1 teaspoon honey or maple syrup (optional)
- Optional: yogurt, chia seeds, almonds

## CALORIES

320 kcal

## PROTEIN

12 g

## DIRECTIONS

Cook oats in milk or water. Stir in blueberries during cooking so they burst slightly. Add lemon zest and mix well. Sweeten if desired. Top with optional yogurt or nuts. Serve warm or chilled.



# CREAMY PEANUT BUTTER BANANA OATS

## INGREDIENTS

½ cup oats

1 cup milk or water

1 banana, sliced

1–2 tablespoons peanut butter

Optional: cinnamon, honey,  
chia seeds



**360**  
CALORIES

**14g**  
PROTEIN

## DIRECTIONS

1. Cook oats in milk or water until creamy.
2. Stir in peanut butter while warm.
3. Add banana slices on top.
4. Mix gently or layer for texture.
5. Add cinnamon or honey if desired.
6. Serve warm.

# CLASSIC VANILLA BEAN OVERNIGHT OATS

## INGREDIENTS

- ½ cup rolled oats
- 1 cup milk or almond milk
- 1 teaspoon vanilla extract (or vanilla bean paste)
- 1–2 teaspoons honey or maple syrup (optional)
- Optional: chia seeds, yogurt, berries

## CALORIES

320

## PROTEIN

11g

## DIRECTIONS

1. Combine oats, milk, vanilla, and sweetener in a jar.
2. Stir well until fully mixed.
3. Refrigerate overnight (or at least 4–6 hours).
4. Stir before serving.
5. Add toppings if desired. Serve chilled.



# FAMILY-FRIENDLY Raspberry Jam Oats

## INGREDIENTS

½ cup oats

1 cup milk or water

2–3 tablespoons  
raspberry jam

Optional: fresh  
raspberries, yogurt,  
chia seeds

CALORIES

280

PROTEIN

9g



## DIRECTIONS

1. Cook oats until soft and creamy.
2. Stir in raspberry jam while warm.
3. Mix until evenly swirled.
4. Add more jam on top if desired.
5. Top with fresh raspberries or yogurt.
6. Serve warm or chilled.

# MAPLE PECAN PIE OATS

## INGREDIENTS

½ cup oats

1 cup milk or water

2 tablespoons pecans, chopped

1–2 teaspoons maple syrup

½ teaspoon cinnamon

Optional: vanilla extract, butter



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CALORIES

**340**

PROTEIN

**10g**

## DIRECTIONS

1. Cook oats until thick and creamy.
2. Stir in cinnamon and maple syrup.
3. Add pecans while warm.
4. Optional: toast pecans in a pan first for extra flavor.
5. Finish with vanilla or butter if desired.
6. Serve warm.