

Family Mealtime // Overnight Oatmeal 3 Ways

A glass jar filled with oatmeal, topped with several pieces of roasted pineapple and a dusting of brown powder, likely cinnamon. The background is a soft, out-of-focus light color.

FAMILY MEALTIME:

**OVERNIGHT
OATMEAL
3 WAYS**

LIVE WELL UTAH

Looking for a make-ahead breakfast to streamline your family's morning routine? Try overnight oatmeal, and spend your morning eating together instead of scrambling to cook breakfast.

Peach Overnight Oats

Adapted from the Live Well Utah Cookbook, Family Mealtime Edition

- 8 oz. containers (pint sized mason jars work well)

Per container:

- 1/2 cup old fashioned oats
- 1/2 cup nonfat milk
- 1/2 tsp. vanilla
- 1/2 cup sliced peaches (fresh or frozen)
- 1 tbsp. honey, or other sweetener
- sprinkle of cinnamon

To each container add oats, milk, vanilla, peaches, sweetener, and cinnamon in the amounts listed above, and cover with lids. Place filled containers in the refrigerator and let sit overnight. Oats will absorb the milk and some juice from the peaches. Enjoy in the morning!

Variations

Pumpkin Pie: in place of peaches, mix 1/2 cup canned pumpkin with 1 tablespoon maple syrup and 1/2 teaspoon pumpkin pie spice. Spoon desired amount into jar (1/4-1/2 cup) before refrigerating, and top with chopped pecans before eating.

Any Season Berry: sub 1/2 cup frozen mixed berries for peaches.

Other Ideas: Try adding in chia seeds or ground flaxseed to your oats, adding more liquid as needed. Try substituting nut milk or part Greek yogurt in the recipe, and add fruits, nuts and seeds as desired to customize the flavors.

September is National Family Mealtime month. Each Friday this month we'll be posting on that topic – specifically from the Live Well Utah Cookbook, Family Mealtime Edition. This publication is available for free at your local Extension office, or available digitally [here](#). It features some great tips on the importance of family mealtime and meal planning, plus 21 quick, inexpensive, and nutritious recipes that are sure to please even the pickiest eaters.