**Peanut Butter & Banana**

**Ingredients:**

* 2/3 cup of rolled oats
* 1 tablespoon chia seeds
* 1 teaspoon maple syrup
* 1 tablespoon peanut butter
* 1 sliced banana
* Coconut milk or any other milk

**Method:**

1. Put all ingredients (besides the milk and banana) in the jar.
2. Fill the jar with liquid until the oats are covered.
3. Leave in the fridge overnight.
4. Add 1 sliced banana in the morning.

**Pecan Pie**

**Ingredients:**

* 2/3 cup rolled oats
* 1 tablespoon chia seeds
* 1 small handful of pecans
* 1 tablespoon maple syrup
* A pinch of cinnamon and/or nutmeg
* Coconut milk, almond milk or any other milk

**Method:**

1. Put all ingredients (besides the milk) in the jar.
2. Fill the jar with liquid until the oats are covered.
3. Leave in the fridge overnight.

**Apple Pie**

**Ingredients:**

* 2/3 cup of rolled oats
* 1 tablespoon chia seeds
* 1 diced apple or 1/4 cup applesauce
* 1 teaspoon maple syrup
* 1/2 teaspoon cinnamon
* Coconut milk, almond milk or any other milk

**Method:**

1. Put all ingredients (besides the milk) in the jar.
2. Fill the jar with liquid until the oats are covered.
3. Leave in the fridge overnight.

**Strawberries and Cream**

**Ingredients:**

* 2/3 cup of rolled oats
* 1/4 cup unsweetened yogurt
* 1 teaspoon maple syrup
* Handful of strawberries
* Coconut milk, almond milk or any other milk

**Method:**

1. Put all ingredients (besides the milk & strawberries) in the jar.
2. Fill the jar with liquid until the oats are covered.
3. Leave in the fridge overnight.
4. Add a few sliced strawberries in the morning.