

TASTY TIP #1

**For best results, let it soak in the fridge for a full 8 hours so they can absorb all the liquid.
Of course, a few hours is OK too!**

TASTY TIP #2

Use a one-to-one ratio of raw oats and your choice of milk, yogurt, or any other dairy substitutes.

TASTY TIP #3

For a more crunchy, textured breakfast, set some toppings aside to add in the morning.

TASTY TIP #4

Achieve maximum texture with Old Fashioned Rolled Oats. Although, we won't stop you from trying it with Instant or Steel Cut Oats, too!

TASTY TIP #5

Overnight Oats taste delicious in any container, so mix it up with mason jars, mugs, even hollowed out fruit!

TASTY TIP #6

Frozen fruit toppings work especially well when soaking overnight - as they "thaw", the delicious juices are released into the oats!

<http://www.quakeroats.com/cooking-and-recipes/overnightoats>