Orange-Date Overnight Oats

2 chilled oat jars · Active 10 min · Total 8 hr 10 min

Skills: Easy

Ingredients

- 1 cup old-fashioned rolled oats (90 g)
- 3/4 cup milk (180 ml)
- 1/2 cup plain yogurt (120 g)
- 1/4 cup finely chopped pitted dates (40 g)
- 2 tablespoons orange juice (30 ml)
- 1 teaspoon finely grated orange zest
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon fine salt

Set out

Two 12-oz/350-ml jars with lids, Mixing bowl, Fine grater

Allergens

Oats, Milk. Check labels and substitutions.

Make it

1. Whisk milk, yogurt, orange juice, orange zest, cinnamon and salt in the bowl.

2. Stir in oats and chopped dates until evenly mixed.

3. Divide between the jars, leaving room at the top for stirring. Scrape any dry oats down into the mixture and close the lids.

4. Refrigerate at 40°F/4°C or below for at least 8 hours. Stir before eating and add a teaspoon or two of milk only if you prefer a looser texture.

Put the spoon with the jar

Keep a clean spoon beside the closed jar before packing. The simplest cold meal becomes awkward when the only available utensil is a flimsy fork.

A useful detail

Total time includes an eight-hour refrigerated rest. Keep the jars refrigerated during that time; a countertop soak is not this recipe.

Keep it well

Keep at 40°F/4°C or below for up to 3 days from preparation. Carry with two cold sources in an insulated bag and refrigerate at work. Use a clean spoon and do not return a partially eaten warm jar to storage for another day.