

PUMPKIN PIE OVERNIGHT OATS

Perfect for a quick breakfast on the go

INGREDIENTS

- 1/2 cup old fashioned oats
- 1/2 cup any milk
- 1/2 cup canned pumpkin
- 1/4 tsp pumpkin pie spice or cinnamon
- A few drops of vanilla

DIRECTIONS

1. Pour oats into the bottom of your mug/jar. Add milk, pumpkin, vanilla, and stir.
2. Top with pumpkin pie spice, cinnamon, or whatever you like.
3. Refrigerate overnight and enjoy in the morning!



STRAWBERRY SHORTCAKE OVERNIGHT OATS

Perfect for a quick breakfast on the go

INGREDIENTS

- 1/2 cup old fashioned oats
- 1/2 cup coconut milk/nondairy creamer
- 1/2 cup strawberry yogurt
- 1/2 cup strawberries
- 1 Tbsp strawberry jam (optional)

DIRECTIONS

1. Pour oats into the bottom of your mug/jar. Add milk and yogurt, then stir.
2. Top with strawberries, jam, chia seeds, or whatever you like.
3. Refrigerate overnight and enjoy in the morning!



CINNAMON APPLE OVERNIGHT OATS

Perfect for a quick breakfast on the go

INGREDIENTS

- 1/2 cup old fashioned oats
- 1/2 cup any milk
- 1/2 cup any yogurt
- 1/2 cup chopped apples
- 1/4 cup raisins (optional)
- cinnamon

DIRECTIONS

1. Pour oats into the bottom of your mug/jar. Add milk and yogurt, then stir.
2. Top with apples, cinnamon, raisins, or whatever you like.
3. Refrigerate overnight and enjoy in the morning!



HAWAIIAN OVERNIGHT OATS

Perfect for a quick breakfast on the go

INGREDIENTS

- 1/2 cup old fashioned oats
- 1/2 cup coconut milk
- 1/2 cup pineapple/mango yogurt
- 1/2 cup pineapple/mango yogurt
- 1/2 cup
- pineapple/mango 1/4 cup coconut flakes

DIRECTIONS

1. Pour oats into the bottom of your mug/jar. Add milk and yogurt, then stir.
2. Top with fruit, coconut flakes, chia seeds, or whatever you like.
3. Refrigerate overnight and enjoy in the morning!



CHOCOLATE BANANA BREAD OVERNIGHT OATS

Perfect for a quick breakfast on the go

INGREDIENTS

- 1/2 cup old fashioned oats
- 1/2 cup any milk
- 1/2 cup vanilla yogurt
- 1/2 cup banana
- 1 tsp cocoa powder
- 1/4 tsp cinnamon
- 2 Tbsp chocolate chips

DIRECTIONS

1. Pour oats into the bottom of your mug/jar. Add milk yogurt, and cocoa powder, then stir.
2. Top with banana, chocolate chips, cinnamon, or whatever you like.
3. Refrigerate overnight and enjoy in the morning!



GREEN, GRAB-AND-GO BREAKFAST

In a hurry with no time for breakfast?

Try mixing up a batch (or more) of these overnight oats for a healthy grab-and-go breakfast option!

One batch will stay fresh for three days in the fridge to allow for multiple grab and go days!

Basic Ingredients

- 1/2 cup old-fashioned oats
- 1/2 cup milk of choice (cow's milk, almond, soy, coconut)

The only 2 ingredients that are essential for overnight oats are the oats and the milk. (You can adjust the amount of oats you use but make sure to also adjust the liquid to cover the oats)

From there you can add whatever you'd like to make it your own!

Here are some additional add-in options:

Optional Add-ins per batch

- 1 tablespoon chia seeds
- *These will soak up some of the liquid to give it a pudding-like texture
- 1 tablespoon ground flaxseed
- 1 teaspoon cinnamon or cocoa powder
- 1 tablespoon coconut flakes, dark chocolate chips, dried fruit
- 1/2 cup Greek yogurt
- * Any yogurt would work, use Greek yogurt for a protein boost
- 1/4 teaspoon vanilla extract
- Sweetener as desired (honey, brown sugar)

Instructions

1. Combine all ingredients in a glass jar.
2. Close the jar and stir until well combined.
3. Add more liquid as needed to cover the oats.
4. Place in the refrigerator overnight (or at least 5 hours to let the oats soften) and add more milk in the morning if you would like a thinner consistency.
5. For a more creative breakfast, top with granola, fresh fruit, nuts, nut butter and enjoy!

This no-cook oatmeal is meant to be eaten cold.

Note: For best results make these no more than 3 days in advance.

SUSTAINAPAL🌍🌍ZA 2023
The Urgency is Now!

SUSTAINAPAL🌍🌍ZA 2023

Eco-Friendly Toothpaste

1 Tablespoon - Coconut Oil
1 Tablespoon - Baking Soda
4 Drops Food-Grade Peppermint Essential Oil
(optional, but tasty!)

Mix ingredients together and brush as normal!

*Store in an airtight container at room temperature
out of direct sunlight for up to six months*



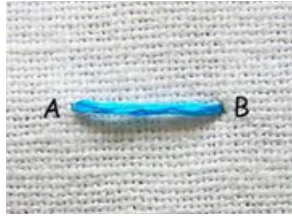
Follow our Pinterest for more
green creations!
[@isulivegreen](#)

SUSTAINAPAL🌍🌍ZA 2023

The Urgency is Now!



Straight Stitch



Reduce, **REUSE**, Recycle



Card Holder Felt Envelope

Supplies Needed:

- Scissors
- Ruler
- Pen
- Embroidery needle
- Sewing pins
- Sheet of craft felt
- Embroidery floss thread
- Button



Instructions:

1. Cut 4x8 rectangle shape.
2. Fold to make a pocket.
3. Stitch the ends closed.
4. Cut the top into a triangle.
5. Add a button on pocket.
6. Add a button hole.
7. Enjoy your new card holder!



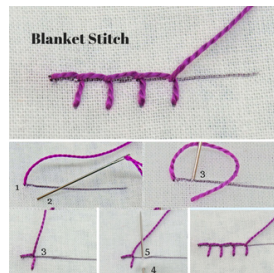
Scan For More Detailed Directions!

SUSTAINAPAL🌍🌍ZA 2023

The Urgency is Now!



Blanket Stitch



Reduce, **REUSE**, Recycle



DIY Coozie

Supplies Needed:

1. Cardboard Coozie
2. Sweater
3. Scissors
4. Needle & Thread
5. Marker
6. Button
7. Pins



Instructions:

1. Cut sweater using cardboard coozie as an outline.
2. Pin the good sides together.
3. Sew around the edges leaving one.
4. Turn right side out.
5. Sew the final side.
6. Wrap ends together and sew.
7. Add button.



Scan For More Detailed Directions!

SUSTAINAPAL🌍🌍ZA 2023

The Urgency is Now!



Sewing a Button



Reduce, **REUSE**, Recycle

