**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

**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!

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**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!

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**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 tsp cinnamon
- 1/4 cup raisins (optional)

**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!

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**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 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!

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**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!

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**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!**

**Optional Add-ins per batch**
- 1 tablespoon chia seeds
- 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.
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

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**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!

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**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.