



OVERNIGHT OATS

INGREDIENTS

- 1 cup rolled oats - old fashioned preferable
- 1 cup unsweetened nut milk
- optional additions: you choose!
- ½ sliced banana
- ½ cup frozen blueberries or other berries
- ¼ cup or less nuts or seeds (for example walnuts, pumpkin seeds)
- 1-2 tbsp chia seeds and or ground flax seeds (highly recommended)
- 1-3 tsp of honey or maple syrup

DIRECTIONS

In the evening....

1. In a jar, combine the oats and milk and give it a good shake.
2. Add whatever other ingredients you wish and shake it up.
3. Put in fridge and give it another shake if you think of it before morning.

Enjoy cold or heat it up and be well!

