

Recipe Card



Overnight Oats

Yields: 2 - 3 servings

Adapted from Oh She Glows by Angela Liddon

Ingredients:

- 1 cup gluten free rolled oats
- 1 ½ cups Milk (Dairy, Almond, Hemp, etc.)
- ¼ cup Chia Seeds
- 1 banana, mashed
- ½ teaspoon ground cinnamon

Add-Ins:

- Mixed berries or fruit
- Granola
- Hemp Seeds
- Unsweetened coconut flakes
- Pumpkin Seeds, Sunflower Seeds
- Dry Roasted Almonds, Cashews, Peanuts, etc.
- Nut/Seed Butter
- Protein Powder
- Pure maple syrup or Raw Honey

Directions:

1. On the night before, mash banana in mason jar or other airtight container, then add oats, milk, seeds and cinnamon, cover, and shake.
2. Refrigerate overnight and in the morning, heat or eat cold.
3. If heating, add remaining ingredients after heating.
4. If eating cold, can add remaining ingredients after shaking.
5. Stir all together and enjoy!

Note: If thicker oats are preferred, stir in an extra 1 Tablespoon chia seeds. If thinner is preferred, add a splash of milk and stir to combine.

Nutrition Information for ½ recipe: 375 kcals, 12 grams protein, 50 grams CHO, 16 grams

Gluten Free, Vegan