



Overnight Oats

Prep Time: 5 minutes

Cook Time: overnight

Total Time: 5 minutes + overnight

Servings: 1 serving

Serving Size: 1

Ingredients:

½ cup organic rolled oats*
1 cup whole milk or non-dairy milk of choice**

Sweetener Choices:

Maple syrup
Coconut sugar
Agave

Savory Spices:

Ground cinnamon, nutmeg, ginger, pumpkin pie

Awesome Add-ins:

Raisins or craisins
Coconut flakes or shredded coconut
Chopped walnuts or almonds
Grated or chopped apples
Fresh berries
Sliced bananas

Directions:

1. Combine oats and generous 1/2 cup milk in a small bowl. Squish the oats down so they are covered in milk, cover your bowl and place in the refrigerator overnight.
2. In the morning, remove the oats from the fridge and then heat up the remaining 1/4 - 1/2 cup milk to your desired temperate in a small pot on the stovetop or in the microwave.
3. Pour hot milk into oats, add 1-2 teaspoons sweetener of choice, ¼ teaspoon ground spices of choice, and 1/4 cup fruit and or nuts of choice.
4. Give it a good stir and enjoy.

Tips and Tricks:

After the rolled oats 'marinate' in the milk overnight, they will have a cooked-like consistency. Besides being a time saver, the extra bonus is that by not cooking them, you are retaining more of the gut healthy enzymes and nutrients they are packed with!

*Sub organic steel cut oats for a chewier texture (kind-of like Grape Nuts cereal). Be sure to get gluten-free varieties if needed.

**Using non-dairy milk saves 90 calories and 11 grams of sugar & carbs.

Nutritional Information Per Serving:

**Calculated with 1 tsp. sweetener & whole milk*

Calories: 317.2

Fat: 12.0 g

Cholesterol: 20.0 mg

Sodium: 125.6 mg

Total Carbohydrate: 42.4 g

Dietary Fiber: 4.0 g

Sugars: 15.9 g

Protein: 13.0 g