

Overnight Oats

Made Simple

BREAKFAST/SNACK

Ingredients

Base

- 1/2 CUP Organic Rolled Oats
- 1/2 CUP of Liquid (water/milk/milk alt)
- 1 Heaping TBS Organic Dried Coconut (shredded/grated/chips)
- 1.5-2 TBS Organic Maple Syrup *optional*
- 1 TBS Organic Whole Chia Seeds *optional*
- 1/4-1/2 CUP Fruit (frozen or fresh)

Additional *Optional* Ingredients

- 1/2 TBS Hempseeds (raw shelled)
- 1 TBS Organic Dried Coconut (shredded/grated/chips)
- 1-2 TBS Maple Syrup or Honey (this is for personal taste. If you use a flavored milk alternative [vanilla flavored almond milk, etc], you may not need the added sweetness)
- Dried Fruit for garnish (cranberries, raisins, goji berries, etc)

Directions

1. Mix oats, chia seeds, (coconut).
2. Add Liquid and Maple Syrup or Honey. Mix Well.
3. Add Fruit.
4. Drizzle Additional Maple Syrup/Honey (per personal taste)
5. Add Hempseeds
6. Add Dried Fruit (preferred amount)
7. Place in fridge (best overnight - min 4hrs)

Notes

Basic Rule = 1 Part Oats + 1 Part Liquid + 1/8 - 1/16 Part Chia Seeds. Liquid and sweetener is a personal preference. You can play with the amounts to find what works best for your taste buds.



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