



OVERNIGHT OATS



Ingredients

- 1/4–1/2 cup rolled oats
- 3/4 cup milk of your choice
- 1/4 cup plain yogurt (optional)
- 1–2 tbsp chia seeds or hemp hearts
- Pinch of sea salt
- 1 tbsp pure maple syrup or honey
- 1/2 tsp ground cinnamon
- Toppings of your choice

Instructions

1. Combine all ingredients in a jar or container with a lid. Stir together or cover and shake.
2. Refrigerate overnight (or for at least 4 hours).
3. In the morning, stir the oat mixture. If the oats are too thick, add more milk.
4. Top with desired toppings and serve cold from the jar, or transfer to a pot to heat gently.

Toppings & Variations

- **Very Berry:** Top with mixed berries (blueberries, strawberries, raspberries) and a handful of nuts (almonds, pecans, walnuts)
- **Spiced Apple:** Mix in diced apples, a sprinkle of cinnamon and a dash of nutmeg. Top with chopped pecans.
- **Tropical Bliss:** Add diced mango or pineapple, shredded coconut and sliced bananas.
- **PB & J:** Top with peanut butter (creamy or crunchy) and a swirl of homemade chia jam.
- **Decadent Chocolate:** Stir in 1 tbsp unsweetened cocoa powder, 1/2 tsp pure vanilla extract and 1 tbsp mini chocolate chips.

