



# Overnight Oats: Base Recipe

SERVINGS: 1

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

## Ingredients

1/2 cup rolled oats

1Tbsp chia seeds and/or 1 tsp ground flaxseeds

>1/2 cup fruit of choice (eg. Bananas, strawberries, mangoes, blueberries, peaches, cherries, etc.)

1 cup unsweetened milk of choice (eg. almond, soy, etc.)

1 Tbsp nuts/seeds or nut butter of choice (eg. sliced almonds, peanut butter, walnuts, pecans, pumpkin seeds, etc.)

a pinch of salt and a pinch of cinnamon (optional)

## Directions

1. Place oats in the bottom of your container (mason jar, tupperware, etc.)
2. Add seeds.
3. Add fruit of choice.
4. Cover mixture with almond milk. Mix if desired (or save this step for later)
5. Top with nuts/seeds, nut butter of choice. Sprinkle salt and/or cinnamon.
6. Cover container and leave in refrigerator overnight.
7. The next morning, mix, and enjoy cold or warmed up in a pot or microwave.

