



Overnight Oats

INGREDIENTS

- 2/3 cup old-fashioned rolled oats
- 1 cup unsweetened plant milk
- 1/2 cup fruit
- 1/4 cup unsalted nuts or 2 tbsp seeds

Optional stir-in (1 tsp):

- Cloves
- Nutmeg
- Cinnamon
- Allspice
- Pumpkin spice
- Vanilla extract
- Mint leaves

METHOD

- 1** Cut the fruit into bite-size pieces. If using seeds such as chia, pumpkin, or ground flaxseed, measure them. Select any stir-in ingredients as desired.
- 2** Add the old-fashioned rolled oats to a sealable container. Add the fruit and any selected stir-in ingredients. Cover with a lid and shake to combine, or stir with a spoon until mixed. Pour in the unsweetened plant milk until the oats are completely covered.
- 3** Seal the container. Refrigerate for at least 4 hours. Remove from the refrigerator and enjoy.

TIPS & ADDITIONAL INFORMATION

For the stir-in ingredients, you can add about 1 tsp of each, if desired.