



Overnight Oats



Ingredients:

1/2 c. whole oats

1/2 c. berries (fresh or frozen- ex. blueberries, raspberries, strawberries, blackberries, etc.)

1 c. milk (cow or goat milk, almond, coconut, hemp or other type of milk)

1 tsp. maple syrup or honey

1 tbsp. ground flaxseed

1/2 tbsp. chia seeds

dash of vanilla

Optional: add nuts (slivered almonds, walnuts, pecans), any other toppings such as coconut flakes

Mix all ingredients in a mason jar or other container, let sit overnight in the refrigerator. Enjoy cold or heat up in the morning.

