

Overnight Banana Almond Oats



PREP TIME:
5 MINUTES

REFRIGERATION:
OVERNIGHT

COOK TIME:
N/A

TOTAL TIME:
6+ HOURS

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 1 Serving

Ingredients:

- ½ Cup Certified **Gluten Free** Rolled Oats (ideally organic)
- 1 teaspoon Organic Cinnamon
- 1/8 teaspoon Himalayan Sea Salt (*Pinch*)
- 1 ½ TBSP Chia Seeds
- 1 TBSP Ground Flax Seeds
- 1 Cup Unsweetened Coconut Milk (*or Your Preferred Non-Dairy Unsweetened Milk*)
 - *Add more for desired consistency the next day
- 2 Medjool Dates – Pitted (*can do 1 date for less sweet*)
- 1 teaspoon Pure Vanilla Extract
- ½ Medium to Large Sized Banana - Chopped
- 2 TBSP Organic Unsweetened/Almond Butter (*or other nut butter of choice*)

Instructions:

1. In a mason jar, add oats, cinnamon, salt, chia seeds, and ground flax. Stir to evenly combine.
2. In a small blender (I use Nutri-Bullet), add 1 cup of coconut milk and 2 pitted medjool dates. Blend until combined. ***There will be small bits of date – it will not completely dissolve.***
3. Pour entire milk contents plus vanilla extract into mason jar with dry ingredients. Stir until combined. May need to add slightly more milk to loosen up texture.
4. Add almond butter in small dabs at a time. Stir gently.
5. Add in the banana – stir gently
6. Place lid on mason jar and refrigerate overnight.
7. **Serving Options:** Cold / Warmed in small pot / microwave about 30-45 seconds | Add additional liquid to desired consistency.
8. **Optional Additions/Substitutions:** *Sliced Organic Strawberries, Sliced Bananas, Blueberry's, Apple*

***Try and use all organic ingredients if possible.**