

Overnight Oats Base Recipe



PREP TIME:
5 MINUTES

REFRIGERATION:
OVERNIGHT

COOK TIME:
N/A

TOTAL TIME:
6+ HOURS

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 1 Serving

Ingredients:

- $\frac{3}{4}$ Cup **Gluten Free** Rolled Oats
- 1 TBSP Chia Seeds
- 1 TBSP Ground Flax Seeds
- $\frac{1}{2}$ teaspoon Organic Cinnamon
- Pinch Himalayan Sea Salt
- 1 Cup Unsweetened Coconut Milk (*or Your Preferred Non-Dairy Unsweetened Milk*) – more for desired consistency
- $\frac{1}{2}$ teaspoon Pure Vanilla Extract
- 2 teaspoons Organic Pure Maple Syrup (*or raw honey*) – *more for desired sweetness*
- 2 TBSP Organic Unsweetened/Natural Peanut Butter (*or other nut butter of choice*)

Instructions:

1. In a mason jar, add oats, chia seeds, ground flax, cinnamon, & salt. Stir to combine.
2. Add milk, vanilla, and sweetener.
3. Stir & make sure oats are submerged completely.
4. Drizzle in nut butter. Add desired fruit or other add-ins. Can mix-in or leave on top.
5. Place lid on mason jar and refrigerate overnight.
6. **Serving Options:** Cold / Warm in small pot / microwave 30-45 seconds | Add additional liquid to desired consistency.
7. **Optional Additions:** *Sliced Strawberries, Sliced Bananas, Blueberry's, Cacao Nibs, Coconut Cream*

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