



## EASY OVERNIGHT OATS

### Ingredients

- 1.5 cup quick oats
- 1/2 cup coconut milk or milk of choice
- 1 tbsp of chia/hemp hearts/flaxseed mix
- 1 tbsp nuts or nut butter
- 1/4 tsp of cinnamon

**TOTAL TIME:** 5 MINUTES

### Directions

- Use 250ml mason jars
- Stir the ingredients in each mason jar
- Top with fresh or dried fruit of choice (check for low sugar dried fruit)
- Optional: can add shredded unsweetened coconut, seeds, or granola on top too.

\* Store in fridge over night & breakfast will be ready for the morning. Prepare up to 3 days worth.

\* Eat from fridge, at room temperature or microwave for 45 seconds.

Enjoy

