

FEATURED
Recipe

Warming Winter Overnight Oats

SERVES: 2*
LEVEL: EASY



* While this recipe makes two portions, you can make up to four jars — they keep well (up to 4 days) and it's timesaving. Enjoy for breakfast or as a power snack!



INGREDIENTS:

1 cup rolled oats
1/2-1 cup plant-based milk of choice (i.e. almond, cashew, hemp, etc.) or water
1 Tablespoon chia seeds
1/4 teaspoon pure vanilla extract
1/4 teaspoon cinnamon
1/2 ripe banana peeled and smashed
1 Tablespoon almond butter (optional)
1/2 cup berries (optional)
1/2 oz nuts of choice (optional)

INSTRUCTIONS:

Place equal amounts of everything except the fruit in two lidded containers or jars. Mix together and cover; then stick them in the fridge and leave overnight (or for at least four hours). In the morning, simply heat up on the stove for a minute or two. Then add a little extra “milk” if you like and/or other toppings such as cardamom, ground ginger, nutmeg...etc. Enjoy this nourishing and warming dish for breakfast or as a snack!