

Power up your breakfast



Overnight Oats Ingredients:

- ½ cup – 1 cup rolled oats
- ½-1 cup unsweetened plant milk
- 1 heaping tablespoon chia seeds
- 1 heaping tablespoon ground flax seeds
- ½ teaspoon of your favorite spices – cinnamon, cardamom, nutmeg, pumpkin
- ½ teaspoon of your favorite sweetener – vanilla extract, maple extract or syrup, honey
- 1 tablespoon of your favorite nut/seed butter or favorite nuts/seeds (almonds, walnuts) ½ cup fruit of choice– blueberries, raspberries, bananas, apples, kiwi, pomegranate seeds

Instructions (make enough for the week!)

1. Place all ingredients into a 16-ounce mason jar. Seal shut and refrigerate overnight.



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