

Effortles Vegan Overnight Oats

gluten-free - oil free - raw/no bake - sugar free - soy free

Ingrediants

- 1 cup gluten free organic rolled oats
- 1 1/2 cups Silk unsweetened almond milk
- 1/4 chia seeds
- 1 large banana, mashed
- 1/2 tsp. organic ground cinnamon

FOR SERVING:

- Fresh organic mixed berries or other fruit
- Hemp seeds
- Pure maple syrup (optional)

PREP TIME: 5min.

CHILL TIME: overnight



Directions

1. In a small bowl, whisk together oats, almond milk, chia seeds, banana, and cinnamon. Cover and refrigerate overnight to thicken.
 2. In the morning, remove the oat mixture from the refrigerator and give it a stir to combine. Serve the oats in a jar (optional) or parfait dish, alternating with layers of fresh fruit, hemp seeds and a drizzle of pure maple syrup.
- Enjoy and experiment with different fruit, I have also used organic apple sauce instead of banana.

This recipe was copied from:
The oh she glows, cookbook
Vegan Recipes to Glow from the Inside Ou
by Angela Liddon

