

OVERNIGHT OATS

So easy! Great cold or warm, and so nice for on the go. Use these small jam jars or small Tupperware containers, or a loaf pan to scoop out what you need

Ingredients:

1 cup rolled oats (or 1 cup cooked steel cut oats)

1-1/4 to 1-1/2 cup unsweetened non-dairy milk

1 large, ripe banana, mashed

1 tbs chia seeds

1 tbs flax seeds (or use all chia seeds)

Optional: ½ tsp vanilla, dash of cinnamon

Fruit of your choice, I often use frozen fruit

Just mash the banana in a bowl, add the oats, chia and flax seeds, almond or other non-dairy milk, and vanilla. Stir it all together and layer in the jars or other container with your favorite fruit! It will be a little wet, but will firm up as flax and chia absorb the milk. Store in the fridge overnight for oats in the morning. Eat within 3-4 days.

I love it with raspberries, blueberries or strawberries. Try a tropical one with mango, pineapple and shredded coconut. Or cinnamon, chopped dates or raisins and diced apple. Or kiwi and fresh peaches. Get creative with the fruits you love. The banana adds the sweetness, so the riper the banana, the riper the oats.

You can eat this cold right out of the jar, which is surprisingly good and refreshing, and terrific if you are on the go. Or empty into a bowl and warm.

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