

Recipe: Classic Overnight Oats Recipe



Ingredients

- ½ cup old-fashioned oats
- 1/3-1/2 cup unsweetened almond, soymilk or any plant-based milk of choice or water -add more depending on consistency preferred
- ¼ cup banana, chopped
- ½ cup mixed fruit (berries preferred)
- 1/8 cup walnuts
- 2 TBSP flax meal, chia seeds, and/or hemp seeds each
- Sprinkle of cinnamon powder (optional)

Instructions

1. Place oats into the mason jar or container
2. Pour in the unsweetened plant milk
3. Add the rest of the ingredients
4. Cover jar tightly and place in the refrigerator for at least 2 hours or preferably overnight!
5. Mix all the ingredients with a spoon in the morning before eating
6. Option to add more almond milk or water before serving for desired consistency

OPTIONAL – Take all the ingredients above, place in a cereal bowl, and eat right away!!!

Ideas: change the fruit to apples, nectarines, whatever is in season and also change the walnuts to almonds, pepitas, or any raw nut that sounds good to add variety. You can also change the fresh fruit for frozen or dried such as a few chewy dates. Experiment!

More recipes <https://www.noracooks.com/vegan-overnight-oats/>