

# Overnight Oats

Prep time: 5 minutes

Rest time: 6-8 hours

## Ingredients:

4 cups quick cooking oats

1 cup goji berries

1 cup chopped nuts (recommend walnuts, shaved almonds)

Almond Milk or nut milk of your choice

½ cup ground flax meal

4 tablespoons Chia seeds

2 tablespoons Cinnamon

Fresh seasonal fruit of your choice

Honey to taste

1. On Sunday night layer the oats, ground flax meal, honey, cinnamon in large glass baking dish. Slowly pour almond milk over the mixture adding just enough to cover.
2. Cover baking dish and place in fridge.
3. For best results add chopped nuts, goji berries, chia seeds and fresh chopped fruit each morning. This can be made 100% ahead of time although the flavor and texture is a bit different. Oatmeal can be heated before eating or served cold. Add extra milk and honey as needed.

\*This can be prepped in a mason jar if you would like to take it for breakfast or snack on the go.