

OVERNIGHT OATS

Ingredients

Must have

- Oats*
- Jar or container with lid
- Water, milk or milk alternative

*Oats: Be sure to choose steel-cut or rolled oats, or quick oats. Do not use instant oatmeal.

Options

- Cinnamon
- Honey or agave syrup
- Flax, Hem, Chia Seeds
- Dried Cranberries
- Dried Fruit cut into small dice
- Slivered almonds
- Crushed cashews
- Crushed macadamia nuts
- Crushed pecans
- Shredded coconut
- Fresh fruit

Instructions

1. Fill jar half way with oats
2. Add optional ingredients.
For a one-quart jar, here are some guidelines:
 - i. use up to 1 Tbsp each of seeds
 - ii. up to ½ Tbsp cinnamon
 - iii. up to ½ Tbsp sweetener
 - iv. 1/3 cup dried fruit
 - v. ¼ cup nuts
3. Shake and roll jar to mix ingredients
4. Fill jar to top with liquid
5. Secure lid, and shake again to distribute ingredients
6. Place in refrigerator overnight
7. When ready to eat, scoop a serving into bowl with 1/3 cup milk and heat in microwave for one minute. Or heat on stove, with extra liquid.
8. Top with fresh fruit.

Rooted Nutritional Nugget

Breakfast date for 100 thousand billion - Oats not only feed you, but because they contain both soluble and insoluble fiber, they also feed your gut microbes too!!!

