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| **Overnight Berry Oats** | |
| **YIELD 1 SERVINGS** **Ingredients** 1/2 cup quick oatmeal  1/2 cup almond milk  1 tsp chia seeds  2 tbsp sliced almonds  1 cup mixed berries C:\Users\cdmil\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CA34ECC6.tmpImage result for gluten free logo**Nutritionals Per Serving**  □ Calories 180 Cal  □ Protein 10 grams  □ Fiber 12 grams  □ Sugar 29 grams  □ Carbs 59 grams  □ Fat 10 grams | PREP 5 MIN | COOK 0 MIN | TOTAL overnight  **Directions**Step 1 Add your oats to a glass jar and poor in your nondairy milk.  Make sure to stir well so all the oats are coated with the milk. Step 2 Mix in your chia seeds and stir well to integrate. Step 3 Top your oats with sliced almonds and fresh, frozen or freeze-dried berries of choice.  Seal the container with a lid and place in the refrigerator overnight. Step 4 Grab your oats in the morning and enjoy. **Tips**Use your preferred nondairy milk.  We are blessed to have so many choices these days oat, almond, hemp, soy and coconut milks to name a few. Add your favorite berries or use up what berries you might have on hand. |