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|  **Overnight Berry Oats**  |
| **YIELD 1 SERVINGS** **Ingredients**1/2 cup quick oatmeal1/2 cup almond milk1 tsp chia seeds2 tbsp sliced almonds1 cup mixed berriesC:\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 1Add 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 2Mix in your chia seeds and stir well to integrate.Step 3Top 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 4Grab 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. |