

Recipe

OVERNIGHT OATS

BASE INGREDIENTS:

- ¼ CUP OLD-FASHIONED ROLLED OATS
- ¼ CUP MILK OF CHOICE (DAIRY OR PLANT-BASED)
- 1 TABLESPOON MAPLE SYRUP OR HONEY
- ¼ TEASPOON CINNAMON
- 1 TABLESPOON OF FRUIT AND/OR SEEDS (OPTIONAL)

DIRECTIONS:

COMBINE ALL BASE INGREDIENTS IN A JAR AND STIR WELL. COVER AND REFRIGERATE OVERNIGHT. WHEN READY TO EAT, STIR IN TOPPINGS OF CHOICE.

NOTE: IF YOU WANT TO MAKE A LARGER BATCH, SIMPLY FOLLOW THE RATIO OF 1 PART OATS TO 1 PART MILK.



360
ACCESS
Hub

