

Vincie's Overnight Oats

Ingredients

- Rolled Oats (uncooked)
- Liquid: Oat Milk (or possibly Coconut or Soy Milk)
- Seeds: Flax and Chia
- Sweetener: Honey or Maple Syrup
- Spices: Vanilla, Cinnamon, Salt
- Optional:
 - Gated Apple, Berries, Bananas
 - Peanut Butter, Pecans, Hazelnuts
 - Pumpkin or Sunflower Seeds
 - Granola
 - Yogurt

Recipe (for 2)

- 1 1/2 cups of Oats
(if adding grated Apple 3/4 cups of Oats)
- 1/4 cup Flax seeds
- 1/4 cup Chia seeds
- 1/4 teaspoon Vannilla
- 1/8 teaspoon Cinnamon
- Pinch of Salt
- 2 tablespoons Honey or Maple Syrup
- Add any optional items
- Enough Oat Milk to cover everything
- Stir and taste
- Refrigerate over night
- If desired, in the morning add more Oat Milk or Yogurt or Granola
- ***Enjoy!***