



Overnight GF Oat Pots

SKILL LEVEL:



ALLERGENS: Nuts

SERVES: Makes 6 pots

COST PER SERVE: \$\$\$

PREP TIME: 5 mins

CHILL TIME: Overnight

INGREDIENTS

- 1 cup Unsweetened Organic Coconut Milk
- 1 cup Unsweetened Almond Milk
- 1 scoop Plant-based Protein Powder
- 1 Tbsp 100% Pure Maple Syrup
- 2 Tbsp Chia Seeds
- 2 Tbsp Golden Flaxseed Meal
- ¼ tsp Pumpkin Spice or Cinnamon
- ½ cup Gluten-free Rolled Oats



METHOD

- In a medium bowl, add all ingredients and mix until well combined.
- Using a ½ cup measuring cup, fill 6 small 4oz mason jars evenly.
- Seal and chill in the refrigerator overnight, allowing the oats to soak.
- Can be stored in the refrigerator for up to 7 days.

- In the morning, transfer contents of one pot to a serving bowl, and top with your favorite fruit, nuts, or berries to serve.

SERVING SUGGESTIONS

- ✓ Sliced Banana & Blueberries
- ✓ Chopped Pecans & Pumpkin Seeds
- ✓ Sliced Apple & Raspberries

VARIATIONS

PLANT-BASED MILK: Any type of plant-based milk will work in this recipe. Coconut Milk gives it a creamier feel and taste.

FRUIT: Use your favorite fresh fruit as a topping.

UTENSILS

- Medium Mixing Bowl
- Whisk
- Measuring Cups
- Measuring Spoons
- [6 x Small 4oz Mason Jars](#)