

Recipe for



Overnight Oats

SERVES 1

PREP TIME / TOTAL TIME
Approx 5 minutes / 10 minutes

INGREDIENTS

1/2 cup berries of your choice

1/2 cup old fashioned rolled oats

1/2 mashed banana

1 tsp chia seed

1 cup nut milk

1/2 tsp cinnamon

1 tsp of hemp seeds

DIRECTIONS

Place 1/2 cup of rolled oats in a small jar

Add chia seeds, hemp seeds, and cinnamon

Add the mashed banana next

Add 1/2 cup of your favorite nut milk

Add 1/2 cup of berries of your choice

Mix all the ingredients and place overnight in the refrigerator