

# Recipe for



## Overnight Oats

SERVES 1

PREP TIME / TOTAL TIME  
Approx 5 minutes / 10 minutes

Total Calories 368  
Fat 11g  
Protein 11g  
Carbohydrates 61g  
Fiber 13g

### 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