
Overnight Chia Oats

This has quickly become our program's 'go-to' breakfast for busy docs on the run! Change up the fruit and flavor options to add variety to your breakfast options. Get your fruit, whole grains, healthy fats and plant-based protein in a handy jar to go!



Ingredients:

1 cup oatmilk, or almond or hemp milk – of your choice

2 Tbsp chia seeds, or combo of chia + ground flax seeds

2 Tbsp shelled hemp seeds

1 tsp sweetener (optional) – honey, maple syrup

1/2 cup thick rolled oats (not quick oats)

1/4 cup Fresh or frozen fruit of your choice

Toppings: add some crunch with granola, toasted coconut, or chopped nuts.

Even more fun: Spice it up with cinnamon, ginger, cardamom, turmeric, add few drops of vanilla extract, top with grated lemon or orange zest, or a few drops of balsamic vinegar.

How to make:

Pour milk into 1 pint glass jar, then stir in the chia seeds and oats. Wait for a few minutes then stir again. This double-stir will help avoid clumping. Mix in berries, optional sweetener, spices/ flavor boosters. You can double or quadruple the batch for more servings – set up extra jars and make breakfast for your whole week!

Fruit options – blueberries, strawberries, blackberries, mango, dragon fruit, etc.

Favorite flavor combos: frozen blueberries (super convenient) + lemon zest, strawberry with squirt of balsamic vinegar, raspberry + cardamom. Mmmmmm!