

Overnight Oats with Fruit

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: ½ cup

Ingredients	Quantity	Measure
Dried “old-fashioned” style oatmeal	3	cups
Non-dairy milk, unsweetened	3	cups
Maple syrup	3	Tbsp.
Vanilla extract	1	Tbsp.
Cinnamon, ground	1	tsp.
Chia seeds	3	Tbsp.
Flaxseed	1	Tbsp.
Peaches, strawberries, apricots, or any preferred fruit, fresh or canned, drained, sliced	3	cups

Preparation

1. In a large bowl or 4” hotel pan, combine the non-dairy milk, maple syrup, vanilla, cinnamon, chia and flaxseed. Mix in oats.
2. Cover and chill overnight in refrigerator.
3. Once chilled, top with fruit slices and serve.

Nutrition Information *From USDA Nutrient Database

Calories: 76 Total Fat: 2g Saturated Fat: 0.2g Monounsaturated Fat: 0.1g Polyunsaturated Fat: 1.1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 13.5g Fiber: 2g Total Sugar: 4.9g Protein: 1g Sodium: 39.1mg Vitamin A: 0µg Vitamin C: 0mg Calcium: 145mg Iron: 0.5mg Folate: 2µg

