

# OVERNIGHT OATMEAL BOWL

## INGREDIENTS

Night before:

- 1/2 cup instant rolled oats (plain)
- 3/4 cup almond milk (or other milk)
  - 1 tsp chia seed (optional)
  - 1/8 tsp vanilla extract (optional)

Morning:

- 1 tsp honey or 1 TBSP raisins (optional)
- **GARNISH ideas:** 1/2 cup berries, 1 TBSP almonds, 1/2 banana, etc



PREP 3 MIN - NO COOKING

## PREPARATION

The night before:

Combine ingredients in a breakfast bowl.

Cover with a small plate and put in the fridge for the night.

In the morning:

Mix in honey or raisins for a little bit of sweetness.

If you don't like a cold breakfast, reheat 1 minute in the microwave.

Add garnish according to your taste and appetite. Mix and enjoy!

*My recipes are personal suggestions put together for your convenience and tasting pleasure.*

*Please don't assume that every recipe works for everybody, and make sure you won't be subject to adverse reactions. Bon appétit !*