



**GENESIS**  
-HEALTH REVOLUTION-

# ← *Recipe Card* →

## OVERNIGHT OATS

### INGREDIENTS:

- 1/2 C rolled oats (uncooked)
- 2 TBS chia seeds
- 1 TBS sweetener (agave, honey, maple syrup, date or coconut sugar. If using Monk fruit, perhaps a little less)
- 1/2 tsp vanilla
- 1 C milk

### DIRECTIONS:

- Put all of these ingredients in a pint mason jar.
- Add 1/2 C fruit and or nuts/seeds of choice (+/-). Stir.
- Put in fridge from 2 hrs to preferably overnight.
- Add more milk if desired when eating.

### Other Options:

Raisins, dried cranberry, nuts, yogurt, granola, berries, banana, apple/pear sauce, peaches, nut butter, plant based cream cheese, carob chips, protein powder, coconut flakes, jelly, grapes/kiwi/mango/other fruit, seeds, pumpkin/pumpkin pie spice/maple syrup, etc.

\*For a larger batch, double/triple in a large bowl using options above.



