

## OVERNIGHT OATS (2 flavors)

### Chocolate Peanut Butter Oats

#### What you'll need:

- ½ cup old fashioned oats
- 1 Tablespoon cocoa powder (I prefer the Hershey Special Dark)
- 1 Tablespoon ground chia seeds\* (you can grind your own seeds in a coffee grinder)
- 1 Tablespoon ground flax seeds\*
- 1 Tablespoon PBfit (you can use regular peanut butter too)
- 1 walnut broken into small pieces
- App. ½ - 1 cup nondairy milk



Mix all ingredients together in a mason jar. Put lid on and shake until well mixed. Add enough milk so that I can stir it up and there is a little left for absorption. You can always play with the amount of milk you use. Some like thick oats, others like it runnier. Add lid and place in the fridge overnight.

Enjoy a decadent and super nutritious breakfast (or snack) that tastes like a treat!



### Cinnamon & Vanilla Oats

#### What you'll need:

- ½ cup old fashioned oats
- 1 teaspoon cinnamon
- ½ teaspoon vanilla
- 1 Tablespoon ground chia seeds\* (you can grind your own seeds in a coffee grinder)
- 1 Tablespoon ground flax seeds\*
- 1 Tablespoon maple syrup
- 1 walnut broken into small pieces
- nondairy milk

Mix all ingredients together in a mason jar. Put lid on and shake until well mixed. Add enough milk so that I can stir it up and there is a little left for absorption. You can always play with the amount of milk you use. Some like thick oats, others like it runnier.

Add lid and place in the fridge overnight.

Enjoy a decadent and super nutritious breakfast (or snack) that tastes like a treat!

***Health nugget:***

**Oats** are amazing! Not only can lower blood cholesterol levels, but there are also anti-inflammatory and antioxidant phytonutrients in oats that can help prevent atherosclerotic buildup and then help maintain arterial function...they help unclog our arteries! Since heart disease is the number 1 cause of death in this country, eating oats daily can help reverse this trend.

**Chia seeds** are exceptionally high in fiber and omega-3 fatty acids. Best to grind them first for better absorption.

**Flaxseed** is commonly used to improve digestive health or relieve constipation. Flaxseed may also help lower total blood cholesterol and low-density lipoprotein (LDL, or "bad") cholesterol levels, which may help reduce the risk of heart disease. Use ground over whole for better absorption.

**Cinnamon** is great in helping to reduce inflammation. Studies show adding cinnamon to your daily diet boosts antioxidants to help prevent heart disease and lowers blood sugars which reduce risk of Type 2 diabetes