

Recipe Makeover: Overnight Oats

Watch the video: <https://youtu.be/D7ZROiv1818>

Overnight Oats

Ingredients

1 cup	Rolled oats
¼ cup	Raisins
¼ cup	Unsweetened shredded coconut
2 Tbsp	Hemp hearts
1 Tbsp	Chia seeds
½ tsp	Ground cinnamon
¼	Granny Smith apple (grated)
2 tsp	Maple syrup
½ tsp	Vanilla extract
1 ½ cups	Milk

Method

1. To a jar or container add rolled oats, raisins, coconut, hemp hearts, chia seeds and ground cinnamon. Put lid on jar or container and shake to mix dry ingredients together.
2. Add grated apple, maple syrup, vanilla extract and milk to your dry ingredients. Stir or shake ingredients to combine.
3. Store in the fridge overnight until oats are tender.

Customize your overnight oats by using different spices, nuts, seeds, fruit or milks. You can add Greek yogurt or a spoon of nut or seed butter to increase the protein content.

Tip: Mix large patch of dry ingredients together, to save time throughout the week.