

# Easy Overnight Breakfast Oats

## Ingredients

- ½ cup Old fashioned oatmeal
- ½ cup milk/milk alternative
- ¼ cup unsweetened Coconut
- Pinch of salt
- Maple syrup

### Optional:

- Cacao nibs (heart opening)
- Chia Seeds (omegas)
- Dried or fresh fruit



## Preparation

1. In the evening (while you are making dinner?) add **all ingredients** to a mason jar or other vessel with a lid. Give a good shake and put in the fridge.
2. In the morning eat as is or stir in **fresh berries** and top with a spoonful of **coconut** or other **yogurt** and/or **lightly sweetened sunflower** or other **nut butter** for extra protein. Enjoy!