



Make Ahead Meal

## INGREDIENTS

1/2 cup, dry Oats (old fashioned or steel cut)

1/4 cup almond milk, unsweetened

1-2 tsp. cinnamon

1-2 tsp. nutmeg

1 tsp. vanilla extract

1 tsp. maple extract

## DIRECTIONS

1. Mix oats and almond milk in a small food storage container.
2. Add cinnamon and nutmeg. Stir until combined.
3. Add vanilla extract and maple extract. Stir well.
4. Cover with lid. Use cling wrap if no matching lid is available.  
Place in refrigerator for at least 2 hours.
5. Keeps well in the refrigerator for 5 to 6 days.

## NOTES

The name "Overnight Oats" came from the convenience of preparation the day(s) prior & sitting overnight in the refrigerator until breakfast the following day(s).

Top with unsalted nuts such as almonds or walnuts to add heart healthy fats, as opposed to fruit. The oats are already a significant source of carbohydrates & fiber.