

OVERNIGHT OATS

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ingredients

- ½ cup quick oats
- 1 cup plant-based milk
- ½ mashed banana
- 1 tsp agave syrup
- 1 tbsp chia seeds
- 1 tsp ground cinnamon
- pinch of Himalayan pink salt

method

- In a jar or container combine the oats, chia seeds, cinnamon and salt. Mix everything.
- Then, add the milk and give it a quick mix.
- Lastly, add the mashed banana and the agave syrup and mix everything until well combined.
- Store in the fridge overnight.
- Enjoy in the morning with your favorite toppings! Here's my suggestion: some coconut yogurt, fresh berries and a big dollop of your favorite nut butter!

@mothernatures_way

