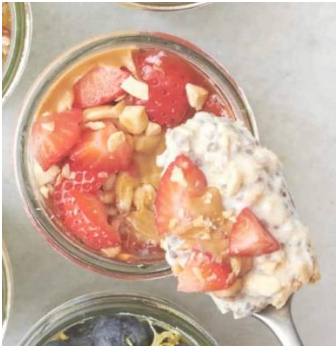


Overnight Oats



Ingredients:

½ cup rolled oats

½ cup unsweetened almond milk

1 tablespoon chia or flax seeds

1 tablespoon maple syrup (optional)

Toppings:

¼ cup fresh fruit

½ teaspoon cinnamon, nutmeg or other spices

2 tablespoons nuts, chopped