

Good Morning Oats

Delicious, nutritious, and convenient. This quick and easy recipe makes eating a balanced meal simple and tasty. Enjoy!

Ingredients:

- ½ cup old fashion oats
- 1 cup unsweetened almond milk (any type, must be less than 50 calories in a serving)
- 1 TBSP raw chia seeds
- 1 TBSP honey (organic when possible) or maple syrup
- ¼ tsp vanilla extract
- ¼ tsp cinnamon
- 1 cup of fresh berries (any type)
- 2 TBSP pumpkin seeds

Method:

1. In a jar (pint size or larger Mason Jar recommended), place the oats, milk, chia seeds, vanilla extract, cinnamon, and honey (or maple syrup).
2. Cover and shake ingredients and refrigerate for at least 8 hours overnight.
3. In the morning, top or mix in berries and pumpkin seeds.

Serves: 1

APPROXIMATE NUTRITIONAL ANALYSIS PER SERVING: 453 calories, 15 grams of protein, 68 grams of carbohydrates, 15 grams of fat and 15 grams of dietary fiber.

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This recipe was created by Robert Ferguson and makes for a balanced meal per the guidelines of the Diet Free Life methodology. The nutrition analysis is based on the U. S. Department of Agriculture's food database.