



Matcha Morning Overnight Oats

Recipe created by Carlene McIntyre

These healthy overnight oats are really good and packed with antioxidants to get your morning off to a good start. Use decaf matcha if you're avoiding caffeine.

Ingredients

- $\frac{3}{4}$ cup rolled oats
- 1 tbsp chia seeds
- 1 tsp matcha powder
- $\frac{1}{4}$ tsp cinnamon
- 1 tbsp date syrup
- 1 cup unsweetened plant milk
- 1 cup mixed berries

Preparation

1. Combine all the ingredients except berries and refrigerate overnight in a sealable container.
2. Top with berries before serving.

Notes

- I use soy milk, but any unsweetened plant milk is fine.
- Adjust the sweetness to your liking by using more or less date syrup. Add sliced nuts or seeds as an additional topping if desired.