

ROAD NOTES HEALTHY RECIPE
(RVegan_life @ Instagram)

Sun Soaked Overnight Oats



Ready in 4 **minutes**

Serves **1 serving**

Ingredients

- 1/2 cup oats
- 1 tbsp chia seeds
- 1 cup hemp or almond milk
- 1 tbsp Almond Butter
- 1 tsp maple syrup
- ¼ cup mango
- 1 pcs banana
- 1 tsp granola
- 1 tsp coconut flakes
- 1 tbsp almonds
- 1 tsp turmeric

Preparation

1. In a jar with a lid, add hemp or almond milk, chia seeds, almond butter, and maple syrup and stir with a spoon to combine.
2. Add the oats, stir until you ensure all ingredients are moist and cover with liquid.
3. Cover the jar with a lid and refrigerate overnight or for at least 4-6 hours to ensure the oats are soaked and moist enough.
4. Next day, open the jar add the turmeric, mix well, and add the rest of the ingredients as toppings.
5. Enjoy your breakfast!

Meal Information

Calories: 713.50

Protein: 0.87 oz

Fat: 1.11 oz

Carbs: 3.25 oz

Oats are packed with fibers and minerals and soaking them helps you absorb all these nutrients.

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