

ROAD NOTES HEALTHY RECIPE
(Rvegan_life @ Instagram)

Super Seeds Overnight Oats



Ready in 10 **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
- ½ tsp cocoa nibs
- 1 tsp coconut flakes
- ½ tsp hemp seeds
- 1 tsp pumpkin seeds
- 1 tsp sunflower seeds
- 1 tsp hazelnuts or almonds
- 1 tbsp cashews
- 1 tbsp pecans
- 1 tsp granola
- ¼ pcs banana
- 1 tbsp blueberries

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 and add the rest of the ingredients as toppings.
5. Enjoy your breakfast!

Meal Information

Calories: 714.80

Protein: 1.03 oz

Fat: 1.66 oz

Carbs: 2.90 oz

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