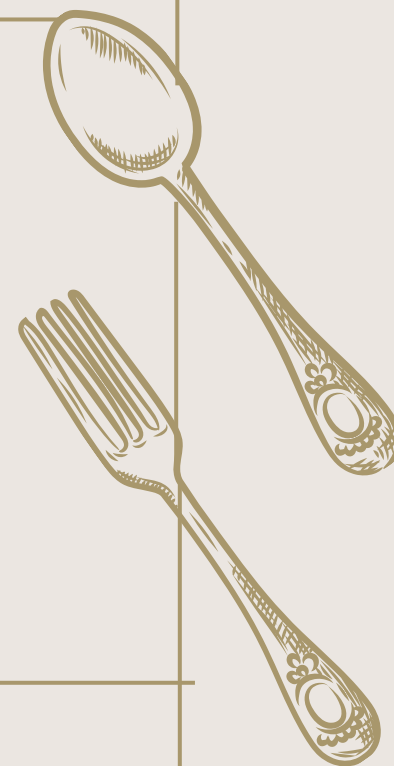




Mixed Berry Overnight Oats

Ingredients:

2 cup rolled oats
1 tbsp maple syrup
1/2 cup chopped walnuts
1/4 cup chia seeds
3 tbsp ground flaxseeds
2 cups almond milk
2 cups fresh or frozen berries
(Optional: 2 scoops plant based
vanilla protein powder)



Instructions:

1. Mix all ingredients in a large mixing bowl. Adjust to taste.
2. Divide into 4 servings. (Mason jars with a lid are recommended.)
3. Refrigerate at least 3 hours or overnight.

