



alignHEALTH
mind + body wellness



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TURMERIC TROPICAL OVERNIGHT OATS

1 cup of regular oats (not steel cut OR instant)
1 cup of canned coconut milk
1 tablespoon of chia seeds
1 teaspoon of turmeric
1 teaspoon of vanilla extract or other extract of your choice

Toppings

¼ cup diced mango (optional)
¼ cup diced mandarin, clementine, or blood orange (optional)
¼ cup diced pineapple (optional)

2 tablespoons of unsweetened shredded coconut or coconut chips
Date Syrup (optional if you want more sweetness to avoid reaching for sugar)

- Combine everything but the toppings into a medium sized bowl.
- Stir and divide into 2 containers and cover it with a lid or saran wrap.
- Refrigerate overnight (6-8 hours) or until it's set