

## OVERNIGHT OATMEAL

I make this for breakfast several times a week. I assemble it all the night before and when I open my fridge in the morning I have a wonderful surprise. It's a great thing to take when you are on the go to an early sporting event or rushing to work. It's something that fuels you all morning.

*Makes 1 serving*

### INGREDIENTS

- 1 cup of milk (almond or coconut milk)
- ½ cup organic rolled thick oats
- ¼ tsp vanilla extract
- ¼ tsp cinnamon
- 1-2 Medjool dates, chopped
- 2 tbsp chia seeds

### METHOD

Mix all the ingredients together in a bowl and cover, or place in mason jars for a quick grab-and-go option.

Place in fridge for at least three hours or overnight.

If you prefer it warm, just heat it on the stove but you may need to add a little extra liquid.

