



Berry Vanilla Overnight Oats

These creamy oats are a super satisfying way to wake up. You get a major energy boost from the complex carbs, along with healthy fats and protein from the chia seeds and almond butter. Top them off with berries and vanilla extract and you're ready to start the day!

The Goods:

- 1/3 cup whole rolled oats (gluten free if needed)
- 2/3 cup unsweetened vanilla almond milk
- 1 ½ tsp pure vanilla extract
- 1 ½ Tbsp almond butter
- 1 Tbsp chia seeds
- 1/3 cup fresh mixed berries
- unsweetened coconut flakes for garnish (optional)

The Method:

1. In a medium jar, mix almond milk, vanilla extract, and almond butter well, then stir in chia seeds and oats until fully combined. Refrigerate 6 hours or overnight.
2. In the morning, stir well and add berries and coconut flakes. Enjoy!

