



## **Overnight Oatmeal**

2 cups oatmeal (not instant)  
2 cups milk  
2 TBS ground flaxseed (optional)

Mix milk, oatmeal, and flaxseed in a bowl. Cover and refrigerate overnight. In the morning, microwave to take the chill off, add toppings and serve.

Topping Ideas:

Banana slices  
Almonds  
Fresh berries  
Cinnamon  
Honey  
Mini-chocolate chips  
Raisins  
Maple Syrup

I've adapted our original recipe over the last year or so. Here is our all-time favorite Overnight Oatmeal combo:

2 cups oatmeal (I use Bob's Red Mill gluten-free)  
2 cups Almond Milk (vanilla flavored)  
2 TBS ground flaxseed  
1 tsp cinnamon  
1 banana

Slice banana into bite sized pieces into a bowl. Sprinkle bananas with cinnamon and flaxseed. Stir in oatmeal until well combined. Pour milk over the oats, cover and store in fridge overnight.

Enjoy!