



No Cook GF Overnight Oatmeal with Chai Seeds

Easy, creamy breakfast, rich in protein, fiber and calcium, and ready for your favorite flavor additions!

Ingredients

1-1/4 cup rolled oats (we like Bob's Red Mill Gluten Free)
4 cups milk of choice
2 tbsp. chia seeds

Optional Additions

Honey, stevia, or monk fruit sweetener to taste
1 tsp. cinnamon
1/2 tsp. pure vanilla extract
1/2 cup yogurt (Greek yogurt is high protein)
1/2 cup of your favorite unsweetened fruit
1 tbsp. unsweetened cacao powder for chocolate oatmeal
1/2 cup pumpkin puree plus 1/2 tsp. pumpkin pie spice



Instructions

1. Add all ingredients to a sealable storage container. I like to use large mason jars.
2. Stir well to combine, then seal and refrigerate overnight.
3. When ready to serve, stir and spoon into a bowl. Stir in a little more milk if it's too thick.
4. If you prefer it warm, cover and microwave about 45-60 seconds on 50% power, then stir before serving.