

# Good Morning Oats

Mornings can be hectic—we know. These overnight oats recipe makes a for delicious fat-burning breakfast for those busy mornings.

## Ingredients:

- ½ cup old fashion oats
- 1 cup unsweetened almond milk (any type, must be less than 50 calories in a serving)
- 1 TBSP raw chia seeds
- 1 TBSP honey (organic when possible) or maple syrup
- ¼ tsp vanilla extract
- ¼ tsp cinnamon
- 1 cup of fresh berries (any type)
- 2 TBSP pumpkin seeds

## Method:

1. In a jar (pint size or larger Mason Jar recommended), place the oats, milk, chia seeds, vanilla extract, cinnamon and honey (or maple syrup).
2. Cover and shake ingredients, and refrigerate for at least 8 hours overnight.
3. In the morning, top or mix in berries and pumpkin seeds.

**Serves:** 1

**APPROXIMATE NUTRITIONAL ANALYSIS PER SERVING:** 453 calories, 15 grams of protein, 68 grams of carbohydrates, 15 grams of fat and 15 gram of dietary fiber.