

Overnight Oats - Peach

Servings: 1

INGREDIENTS

Amount	Item
½ cup	old fashioned rolled oats
¾ cup	almond milk
1-2 tsp	honey
½ tsp	vanilla extract
½ tsp	ground cinnamon
⅛ tsp	ground ginger
2 tbsp	chopped peaches

METHOD

1. Add oats, milk, sweetener, chia seeds, vanilla, cinnamon, ginger and peaches into a half-pint mason jar.
2. Stir ingredients together. Place lid on jar and shake to combine a bit more.
3. Place in the fridge overnight (or just 30-60 minutes if you're making these the morning of).
4. Remove lid from jar and top with extra chopped peaches.

Overnight oats should last up to 5 days in the fridge in a sealed airtight container.

Serve and Enjoy!

