



ELIZABETH GABRIELSON
WELLNESS

Overnight Chia Oats

Serves 4

Ingredients:

- ½ cup whole rolled oats
- 1 tablespoon chia seeds
- ½ teaspoon maple syrup, plus more for serving
- Pinch of sea salt
- ¼ cup Greek yogurt
- ⅔ cup unsweetened almond milk
- Scoop of protein or collagen powder (optional)
- 1/4 cup frozen or fresh berries

Variations:

Apple Pie

- 2 tablespoons unsweetened applesauce
- ¼ teaspoon cinnamon, cardamom, nutmeg
- Chopped pecans

Peach Crisp

- Peach slices, fresh or frozen
- Granola

Banana Bread

- ½ banana, mashed
- ¼ teaspoon cinnamon
- Pinch nutmeg
- Banana slices
- Chopped walnuts

Directions:

1. In a mason jar or other lidded jar, place the oats, chia seeds, maple syrup, salt, greek yogurt and protein powder, if using. Add the almond milk and stir or shake until the mixture is well combined and there are no clumps at the bottom of the jar.
2. Add frozen or fresh fruit to the top, as desired. Cover and refrigerate overnight, or for up to 5 days.
3. In the morning, top with your desired additional toppings and serve with drizzles of maple syrup, peanut butter, honey or crunchy granola.