



soaked oatmeal to go

If you're anything like me, time is a hot commodity, especially in the morning!! This soaked oatmeal recipe has become a staple in my house! These will last a few days in the fridge, so spending a few minutes to make them up ahead of time will pay off in spades! I look for gluten free grains whenever possible and the oats I use in this recipe are no exception. However, feel free to use what you have. I recommend slow cooking oats because they are less processed and have a lower glycemic index. I used mason jars for this recipe, which can be found at any hardware store. However, feel free to use any container you have that you can close up tight! p.s. glass is optimal.

INGREDIENTS

Gluten free oats

Small 8oz mason jars or other sealable containers

Chia seeds

Unsweetened milk of choice (almond, coconut, rice, hemp, flax etc.)

½ scoop of protein powder of your choice
(I use "Sunwarrior")

Whatever toppings your little heart desires! i.e. nuts, berries or other low/mid glycemic fruit such as apples or pears, cacao powder, gogi berries, hemp hearts, bee pollen, raw pumpkin seeds, pure vanilla, a touch of granola, unsweetened coconut flakes, a dollop of nut butter, cinnamon etc. Use your imagination, just keep the sugar to a minimum as you already have a good amount of low glycemic carbohydrates in the form of oats.

PREPARATION

Oats always go first-fill to approximately half way

1 tablespoon or chia seeds (white or black is fine)

½ to 1 scoop of protein powder (aim for 15-20 grams of protein)

Shake vigorously

Add milk to the top leaving enough room to add the toppings you wish

Add some toppings and don't forget some superfoods!

Seal and leave in the fridge overnight.

Enjoy in the morning! I typically add more milk to mine when I mix it in a bowl.

