



YOUR WHOLE HEALTH

— AN INTEGRATIVE MEDICINE PRACTICE —

1738 Route 31 North, Suite 202 Clinton, NJ 08809

908-213-5145

Overnight Oats is a great way to add a quick and easy plant based meal that is not processed, is high in fiber, protein, and vitamins and minerals like magnesium, thiamine and zinc amongst others. Adding Hemp seeds adds a pack of protein along with omega 3s. Here is my favorite basic recipe. I make 4-6 servings of these in Mason jars so all the work is done at once and I just pull one out of the fridge when needed.

For each serving:

½ cup organic oats

½ cup plant based milk (almond, coconut, soy)

1 scoop of vanilla Greek yogurt (about ¼ cup – you can use plant yogurt if you want vegan option)

Heavy shake of cinnamon

¼ cup dried fruit – you can use fresh and more if using fresh

Optional:

½ - 1 TBSP (depending on the calories and protein you are looking for) of Hemp Seeds

½ TBSP of cacao powder

Honey

Mix all together and put in the refrigerator and let sit at least 6 hours

Enjoy cold or warm!

Tips – dried fruit can have a LOT of added sugar. I look for low or no sugar added options like mango or raisins. Goji berries are a great low sugar high fiber high protein option – not sweet at all so I typically mix with whatever other fruit I am using.