



Heart Healthy Overnight Oats



Ingredients:

- 1/2 large banana, mashed
- 1 tablespoon flaxseeds
- 1/4 teaspoon Ceylon cinnamon
- 1/2 cup gluten-free steel cut oats
- 3/4 cup cashew milk (unsweetened)
- 1/4 teaspoon pure vanilla extract, optional

Optional Toppings:

- Fresh fruit
- Coconut flakes, unsweetened
- Nuts
- Cocoa Nibs

Directions:

1. In a small bowl, mash the banana until almost smooth. Now stir in the flaxseeds and cinnamon until combined.
2. Stir in the oats, cashew milk, and vanilla (if using). Cover and refrigerate overnight, or a minimum of 2 hours.
3. In the morning, stir the oat mixture to combine. If your Vegan Overnight Oats have a runny consistency even after they soak, simply stir in an additional 1 tablespoon flaxseeds and place the mixture back in the fridge until it has thickened up. If the oat mixture is too thick, simply add a splash of milk and stir to combine.