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# Overnight Chia Oats

## Description

This is a hearty breakfast and easy to make several so you have on hand during the week to grab as you head out the door for work, school or other early morning activities when you don't have a chance to eat before leaving.

Total time: 8 hrs Yield: 1 servings

## Ingredients

1/2 cup old fashioned oats  
2 Tbsp chia seeds  
2 Tbsp raisins  
1/4 tsp cinnamon  
pinch salt  
1 Tbsp maple syrup  
1 1/2 cup oat, almond or coconut milk  
1/4 to 1/2 cup banana (sliced)  
drizzle of honey

Prep Time: 8 hrs Total Time: 8 hrs

## Instructions

Combine the oats, chia seeds, raisins, cinnamon, salt, maple syrup and milk in a mason jar and cover.

Shake well to mix up. Let sit in refrigerator overnight or until thick. Serve topped with banana and some honey, adding more milk depending on desired consistency.

Other toppings to try on your overnight oats when serving are dried fruit, fresh fruit of choice, nuts or seeds.

## Recipe brought to you by:

Chef Alyssa Moreau