

Raspberry Overnight Oats

Recipe by Sara Bradford from Joyous Health

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Ingredients:

- 1/2 cup gluten-free oats
- 1-2 tsp chia seeds
- 1 tsp cinnamon
- 1 probiotic capsule, opened up (optional)
- 1/2 banana, mashed up
- 1/2 cup coconut milk, plus more for thinning in morning
- 1/2 cup raw, sheep's (or unsweetened coconut) yogurt
- 1/2 cup fresh fall raspberries (or frozen and thawed)
- 2 Tbsp coconut, toasted

Instructions:

1. Mix oats, chia seeds, cinnamon and probiotic together. Add coconut milk and yogurt and mix well. Mix in mashed banana. Fold in raspberries. Top with toasted coconut.
2. Cover and place on counter overnight for a delightful, ready-to-go breakfast. If you aren't going to eat first thing, pop it in the fridge until you are ready. Thin with extra milk if you like.