

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- January -

WHOLE GRAINS

OVERNIGHT OATS

1/2 cup whole rolled oats

1/2 cup milk of choice

(dairy, almond, coconut, soy)

1 tsp maple syrup

(or you can mash 1/2 banana to replace sweetener)

1/8 tsp vanilla

Pinch of salt

Place all ingredients in a coffee mug or 8oz mason jar and mix with a spoon until everything is combined. Cover with a lid and place in the refrigerator overnight. When ready to eat, give it one last stir and top with your favorite fixings!

*Add-ins/toppings: cinnamon, fresh fruit, nuts, shredded coconut, dried goji berries, dollop of nut butter or yogurt, lemon zest, plain cooked quinoa for some extra protein and fiber!

*Tip: Use the last of your favorite nut butter jar as the container to make sure to use up all that hard-to-get peanut/almond butter!

Recipe by Gabrielle Sullo



For more information visit

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