



RECIPES

No Cook Chia Seed Oatmeal

INGREDIENTS:

2 cups rolled oats
1 ½ Tbsp chia seeds
2 ¾ cups almond milk (or other non-dairy milk of choice)
6 Tbsp sweetened shredded dried coconut
Pinch of salt

Toppings as desired:

Toasted coconut
Fresh berries
Toasted nuts
Dried fruits
Honey, agave, or other sweeteners

INSTRUCTIONS:

1. In a large bowl, combine rolled oats, chia seeds, shredded coconut, and milk. Fold to combine until all ingredients are evenly distributed. Cover and let sit for 10 minutes to allow chia and oats to absorb liquids.
2. Transfer moistened ingredients into desired serving containers. Cover and keep in the fridge overnight. Serve chilled straight from the fridge. Add toppings as desired. Keeps well in the fridge for up to 4 days.

Makes 4 servings

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From: www.thelittlepicurean.com/2014/05/chia-seed-oatmeal.html