

OVERNIGHT MASON JAR OATMEAL

INGREDIENTS

½ cup rolled oats
½ cup milk or coconut milk
2 tsp maple syrup
a pinch of salt

optional garnishes:

½ cup fruit (frozen wild blueberries are especially good)
⅛ tsp almond extract or vanilla
¼ tsp cinnamon
flax seeds
raisins or other dried fruit
toasted seeds or nuts
yogurt

METHOD

The night before you would like to eat the oatmeal, measure the oats, milk, maple syrup and a pinch of salt into the mason jar. (A wide-mouth jar is easiest to use.) If you are using frozen fruit, add it and mix it in now to sit overnight. If you are using fresh fruit, you can add it in the morning. If you are using almond or vanilla extract, cinnamon, flax seeds, or dried fruits add them now too. Cover the jar with the lid and store in the fridge overnight.

In the morning, heat the oatmeal until warm. You can dump it out into a bowl, or just use the microwave and heat it up in the jar. Add nuts, additional fruit, raisins, yogurt, and any other toppings you like.

I have found that when I make this with coconut milk and blueberries, it is delicious as a cold porridge. I always add blueberries with coconut milk, and just eat it cold right out of the jar with my hot tea in the morning.